THE SATURDAY EVENING POST

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May/June '90 $2.25

Secretary of Labor Elizabeth Dole

Finding Your Maximum Heart Rate

Thailand: Ravages of a Rich Diet

The Carnitine Connection

Bob Saget's Funny Videos

Jazz in Moscow (Idaho)

The Kentucky Derby

Delicious Catfish Dishes

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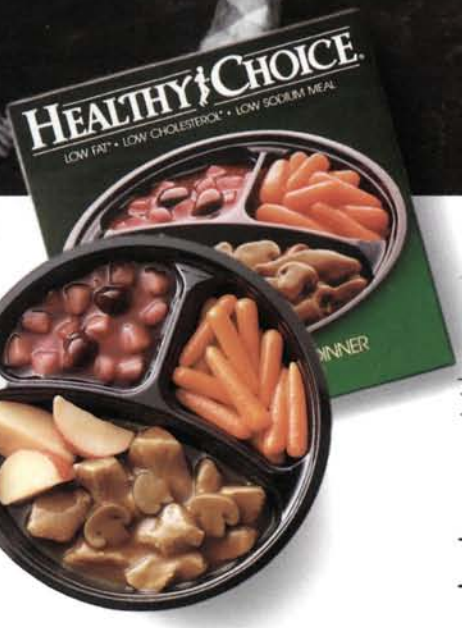

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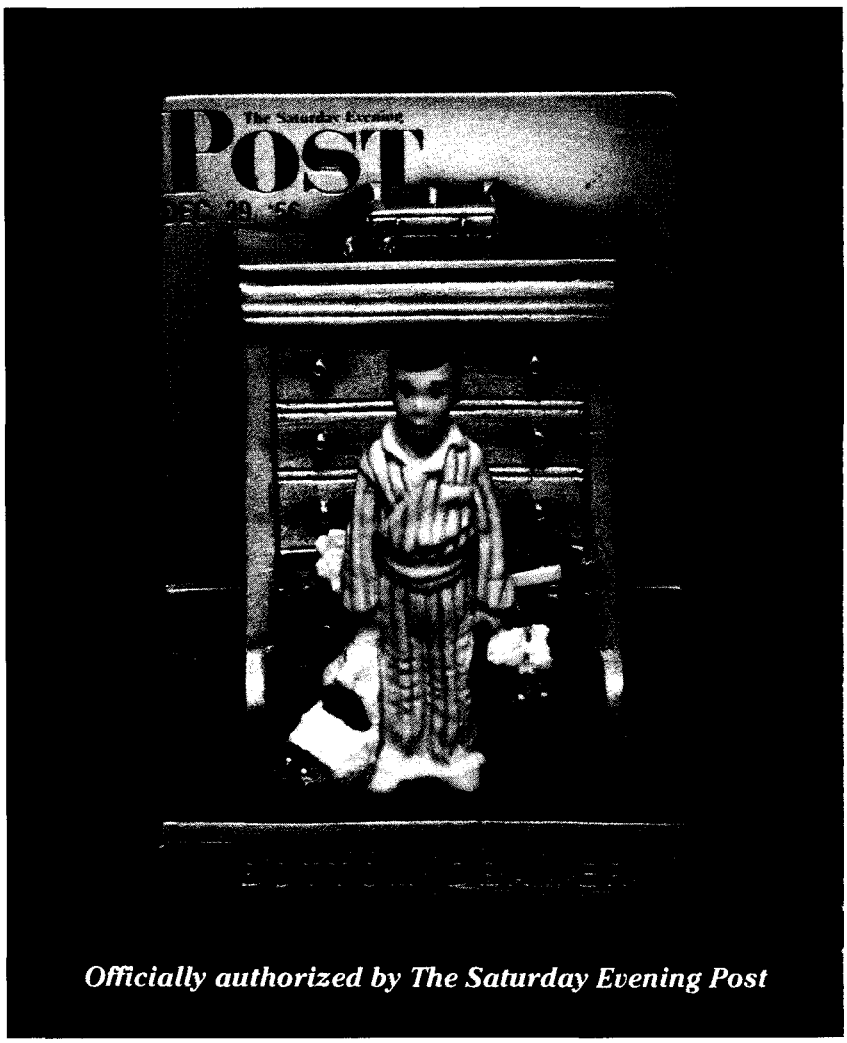

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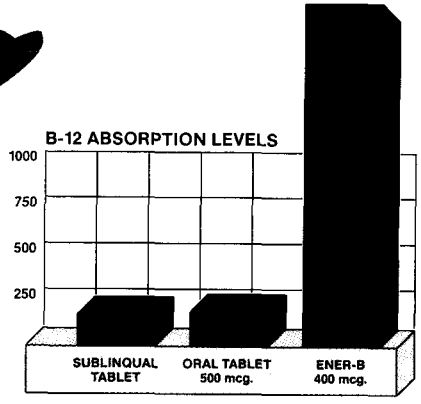

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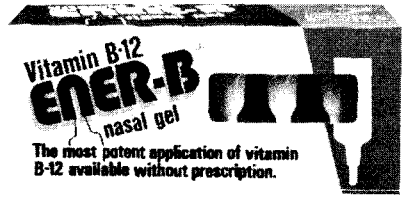

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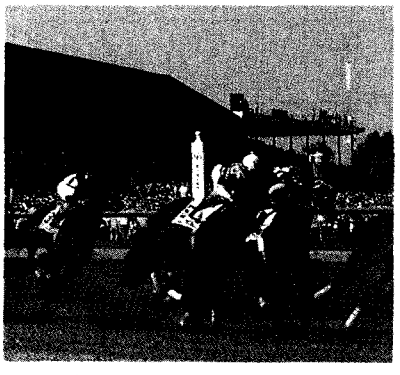
Jazz Comes to Moscow—(Idaho) during four nights of the annual Lionel Hampton-Chevron Jazz Festival. **64**

Thailand's Prosperity—has resulted in heart disease, and a new program for preventing it. **14**

A "Foolish Old Man"—goes fishing in an irrigation ditch, in the story by Arthur Strawn. **50**



America's Greatest Horse Race—did not always attract 130,000 spectators or pay the winner a purse of $575,000. **58**

Letters

Choose Your Poison

In 1979 the U.S. Surgeon General's Report on Smoking and Health (pages 14-59) stated that the lead content of cigarettes was 0.24 mg each. This translates to some considerable accumulation in a typical household where smokers are present.

Since that time, much research has been performed addressing the comparable sources of lead poisoning in children as being automobile exhaust or paint chips. Invariably, these projects have had inconclusive results. That inconclusiveness is quite understandable when one considers the fact that probably the most abundant *and* deleterious sources are in the side-smoke and dust found in the Smoker's Home Environment (SsHE—my acronym).

Isn't it time that the kids were given a break by letting the parents know where and how they are poisoning their own children?

Barnard Wilcox
retired chemical engineer
Seattle, Washington

How's That Again?

Kudos to Mr. William Lutz for his "How's That Again?" double speak (March '90 issue) essay.

He has confirmed a suspicion I have had for quite some time about big business and government both being "certainly never not without unmeaninglessness!"

Arthur F. Tait, Jr.
Ocala, Florida

A Slick Answer

On page 10 of the March 1990 issue of *The Saturday Evening Post*, we were interested in the article and photographs relating to the squirrels and bird feeders.

We had that problem for many years. The squirrels were always waiting nearby while the pole and feeder were being installed in their anxiety to get to the feeder. We tried several ways to keep them away, including the placing of roasting pans upside down on the pole. This worked for a time, until they figured out how to reach over the edges of the pans, thus making their way to the feeder.

Before giving up on our efforts to outwit our furry friends, we tried one more thing. We placed some motor

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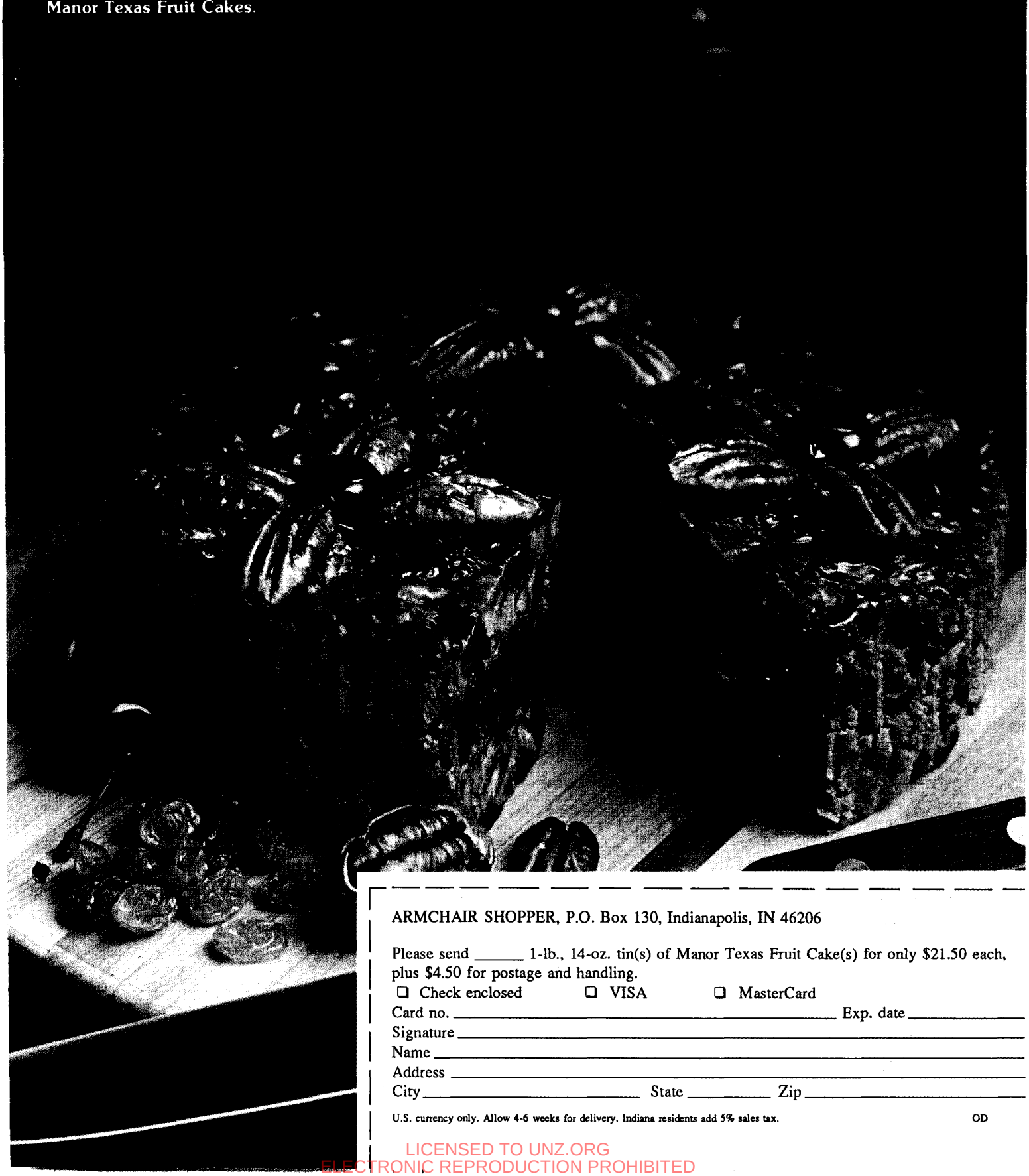

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Designing a Flower Garden—so it will have character and color that will create a mood. 68

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(Cover photo by Walter Calahan/USA TODAY)

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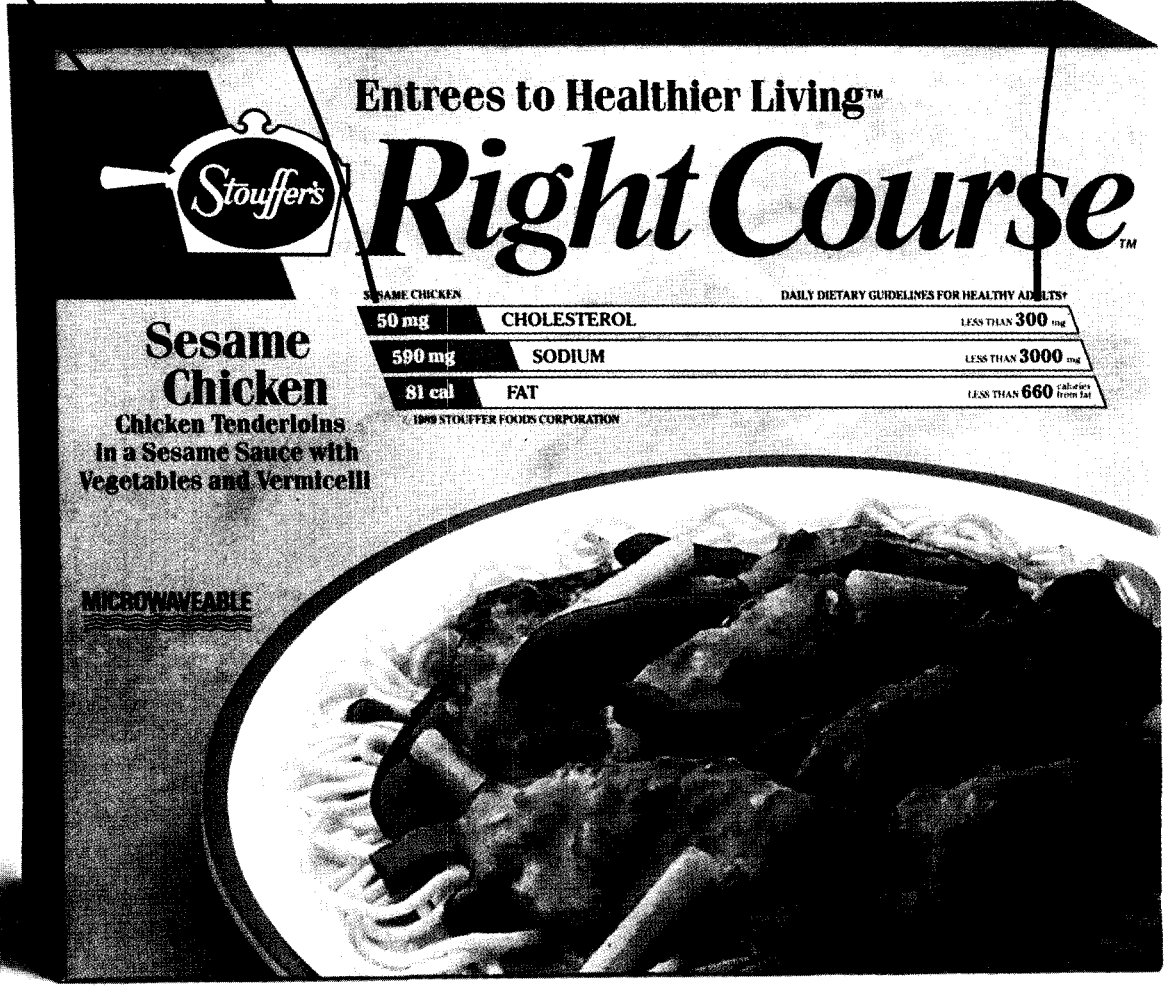
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grease around the pole in lines a short distance apart starting about 18 inches above the ground. When the squirrels came again in full force to climb to the feeder, they got a sniff of the grease and backed away. This works the same way on rope or wire.

Several generations of squirrels have been around our yard since we started this plan, but we have had no further trouble in keeping them from the feeder.

Charles D. Becker
Albany, New York

The Life of Riley

It was such fun to see the name of Sir Cedric Hardwicke in the "Post People" (March '90). Long ago my husband came home with a used English auto, a Riley, to our New Jersey place, and when my daughter of four saw it, she couldn't believe what she saw: "Mother, come see what Daddy just arrived in!"

I looked out the window and was just as surprised as she was. Right-hand drive—which I immediately took note of as I would be driving it more than my hubby would—and a tiny toot from the horn made me realize we'd never get by the big trucks with that!

Of course, we had to take a ride immediately. I almost screamed when I sat down. I thought I'd sat on a cat—the air cushioned seats were like nothing I had ever seen in a car! Husband was smoking, so he turned around and opened a little hole in the roof of the car with a flip-up cover on it. Mahogany side walls!

Later I noted a crest on the front door, right side, "Cedric Hardwicke." And who was he? Then I was blissfully ignorant of British stars.

Ella May Frazer
Deming, New Mexico

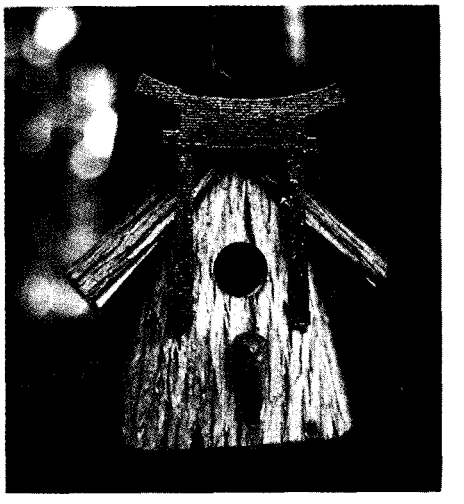
We like happy endings. Is a reader housing Sir Cedric Hardwicke's Riley in a barn or a garage? Is it for sale? Ella Mae may be the buyer you're looking for.

Birds Not of a Feather

As a follow-up on the amusing cartoons in the December '89 and March '90 issues in which bird feeders were featured, I am sending the enclosed four photos of wren houses which I have hanging in our backyard.

With apologies to Sir Christopher Wren (the famous British architect who designed St. Paul's in London), I call these "Wren Churches," which are used by wrens of four persuasions: Christian, Jewish, Shinto, and the one with no symbol at the door for wrens which are agnostics.

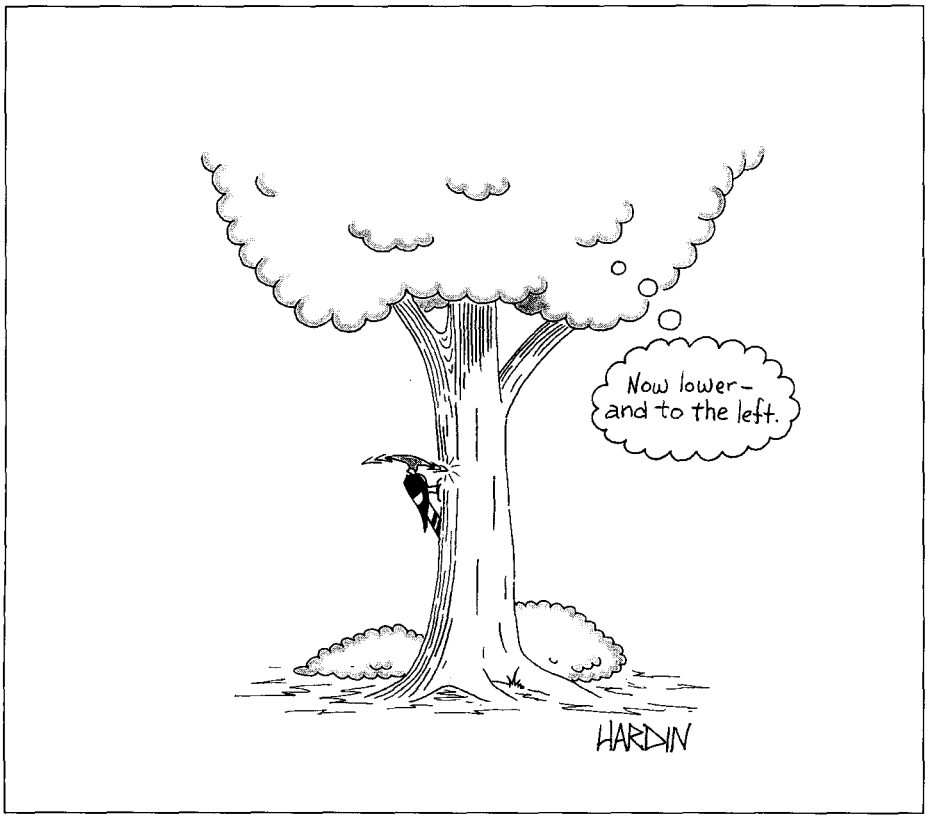
We attract an ecumenical group of



wrens each summer!

I would, of course, be pleased should you wish to use the photographs in a forthcoming edition of your great publication.

Herman H. York
Oyster Bay, New York



Cleanliness Next to Godliness

This is my first time to write you. I used to get the *SatEvePost* several years ago. Then finance became so

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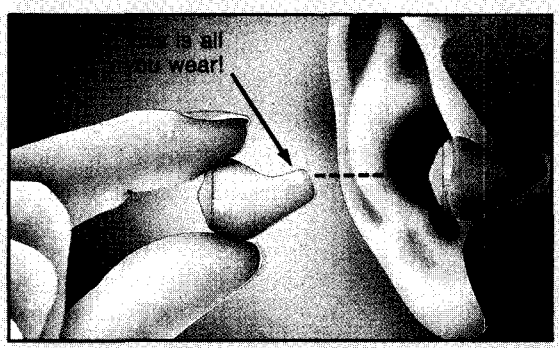

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short, or low, I dropped it. Then I started seeing Dr. Cory SerVaas on TV, and do appreciate her medical advice, so I subscribed for the magazine again.

I appreciate a good clean magazine that doesn't advertise liquor, tobacco, sex, or scarcely dressed women.

I enjoy the stories and articles and read as much as I have time to read.

I am a semi-retired, licensed Assembly of God preacher, 72 years old. I do like to read Christian literature, the Bible, and *SEP*.

Lahoma Parnell
Snyder, Oklahoma

Tracking the Micro-Trach

In the November 1986 issue of the *Post*, you had an article in "Medical Mailbox" about Dr. Henry Heimlich's Micro-Trach. I found it to be a very interesting piece, and my interest was renewed recently when I learned a good friend in the Seattle, Washington, area is using supplemental oxygen on an intermittent basis. I believe her problem is emphysema but am not positive about that fact. Because Dr. Heimlich's Micro-Trach makes supplemental oxygen use more efficient (and probably more effective), I thought it may be a route open to my friend. Would you please answer the following questions for me?

1. Is the Heimlich Micro-Trachette in use now?
2. Would the Micro-Trach be usable for a person on intermittent (or periodic, daily) use of oxygen? (The individual is ambulatory.)
3. Do you know of anyone in the Seattle area who is able to "install" the Micro-Trach and monitor its use?

I would appreciate any help you can offer in this regard. And thank you for the excellent medical articles appearing in *The Saturday Evening Post*.

Edward W. Brooks
Yuba City, California

Dr. Heimlich says the Micro-Trach has been approved by the FDA for widespread use. It is being marketed by Ballard Medical Products of Midvale, Utah. Readers who want to get the names of surgeons in their area who are trained to install this device can call 1-800-227-5356.

Who Can Figure?

I have just finished reading your fine article about Hummel figurines and their creator, Sister Maria Innocentia [Jan./Feb. '90].

I have only one Hummel and after reading your story I have examined it closely for the first time in all the years I've had it and am thinking that it could be an original.

It is of 2 children, a girl and a small boy offering prayer and flowers to the Madonna and child. On the back of the base is stamped into, or etched, M.J. Hummel, underneath stamped into or etched is 23/7 and also center

bottom in blue W. GERMANY.

Would it be possible for me to contact Ms. Joan N. Ostroff through you? I would like to know the value of this piece and possibly to consider selling it. Far as I can see it is in perfect condition, no marks, or scratches, that would lessen its value.

I am 75 years old and don't know what would happen to this piece when I'm gone, and in a practical sense I'm thinking if it is of any value, I might be wise to sell it as a help toward future medical bills, or whatever.

Mrs. Lillian D. James
Camarillo, California

Editor's note: To get information on your Hummel figurine contact Ms. Joan Ostroff at Goebel's Collectors Club, 105 White Plains Road, Tarrytown, NY 105981, or contact Dorothy Dous at the Hummel Collectors' Club, 1261 University Drive, Yardley, Pennsylvania 19067.

"So how are you coming along on that new aftershave?"

Who's Fighting Worms?

In March 1984, the World Health Organization (WHO) estimated that some 1 billion people are infected with roundworms and, of these, some 20,000 are killed annually. And roundworm is only one of the many intestinal parasites that afflict people throughout the world. Other common intestinal parasites include whipworms, hookworms, amoebas, giardias, and tapeworms.

With the advent of new drugs with low toxicity and high effectiveness to kill human intestinal parasites, the possibility of massive community chemotherapy became real. Of course,

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dispensing drugs to people living in underprivileged areas of the world is not seen as the total solution to fight intestinal parasites: provision of health education, safe water systems, sewage disposal and strict control of meat consumption are medium- and long-term measures that need to be undertaken to improve the overall sanitary conditions in poor countries. However, these interventions are expensive and take time. In the meantime, control activities must be initiated to help curb the number of people suffering from parasitic infections, some of them harboring dangerous worms that can kill.

You may be interested to know that one of the first pilot programs to control parasitic infections that WHO helped to implement in Latin America focused on the control of pork tapeworm in Ecuador. Some 10,000 people in the provinces of Loja and El Oro were treated. Before the intervention, the prevalence of tapeworms in pigs was 11 percent. After the community-wide chemotherapy program, the prevalence was only 2 percent.

Following the same guidelines, other programs have used a new drug, albendazole, to deworm school children in Africa and Mexico. The results have been spectacular: not only were serious complications such as the one described in the main article abated, but the children who were treated also showed a significant improvement in physical and, what is more important, psychological performance.

Marcelo E. Cruz, M.D.
Executive Director of the
World Mercy Fund
Ecuador

Aye, Aye!

Re: Russ Pulliam piece on AA [Jan./Feb. '90]. I would like to point out that the reason AA works is because it requires moral inventory and reform. When one is moral, ethical, selflessly in service to his fellow man, he has no need to be dependent upon anyone or anything; therefore, the 12-step program of AA applies to all addictive behaviors.

Merrey Browne
Louisville, Kentucky

Joy in the Classroom

As a *Saturday Evening Post* subscriber and as an English teacher, I would like to express my joy and pleasure at reading your cartoons over the years. I've been able to use them many times in class to illustrate or contrast an aphorism or a particular work of literature that we have been studying. I would just like to say: Keep it up! If possible, I would like to see even more cartoons—expanded cartoon collections and pages.

Marvin R. McAllister
Clarion, Iowa

Remembers When

I was pleased to read the letter from Aileen Ekman in your March issue concerning the mystery stories once serialized by the *Post*. I'm gratified to know I hadn't "lost it" concerning Leslie Ford—one of my favorite authors. Two more of my favorites were the Hornblower and Tugboat Annie stories. All these (including Mary Roberts Rinehart) were wholesome, intriguing, and most interesting.

When I began reading the *Post* at age 12, it cost 5 cents! I'm now 76 and I still enjoy every issue!

I would like to know where I could get any of the Leslie Ford books.

Josephine G. Berkey
Ellenton, Florida

Editor's note: Unfortunately, we can find no books on or about this author that are currently in print. Any readers who are aware of sources for Ford fiction, please let us know.

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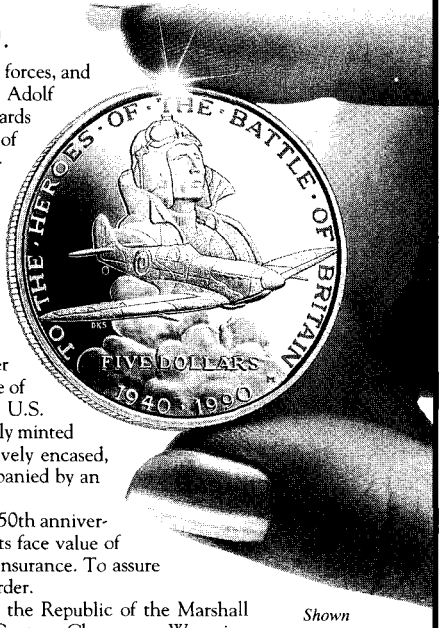

Fifty years ago, most of Europe had fallen to the German forces, and the fate of the western world hung in the balance. As Adolf Hitler maneuvered his mighty war machine towards Europe's last bastion of freedom, so began the epic Battle of Britain. In the end, the heroes of Britain's small but determined Royal Air Force stopped Hitler's formidable Luftwaffe cold.

To honor those heroes who fought to preserve freedom and liberty, the Republic of the Marshall Islands — a key World War II battleground in the Allied fight for liberty — is issuing a legal tender coin ... the *Battle of Britain $5 Commemorative Coin*.

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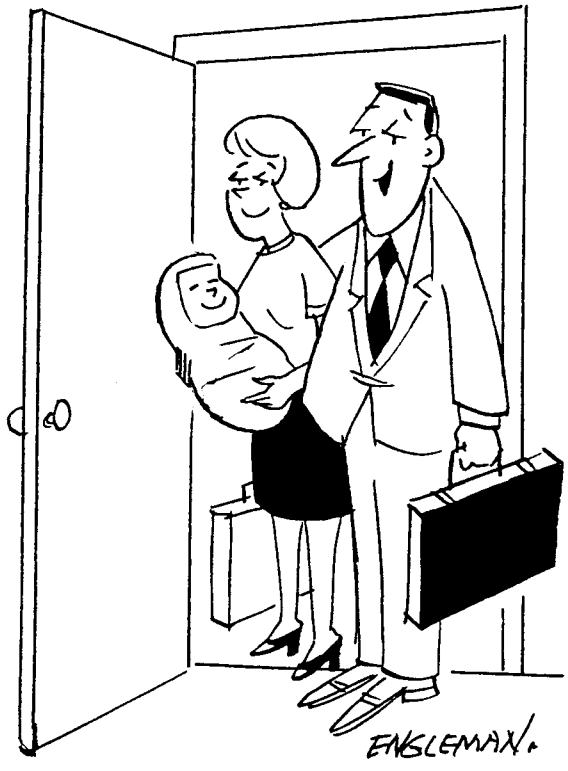
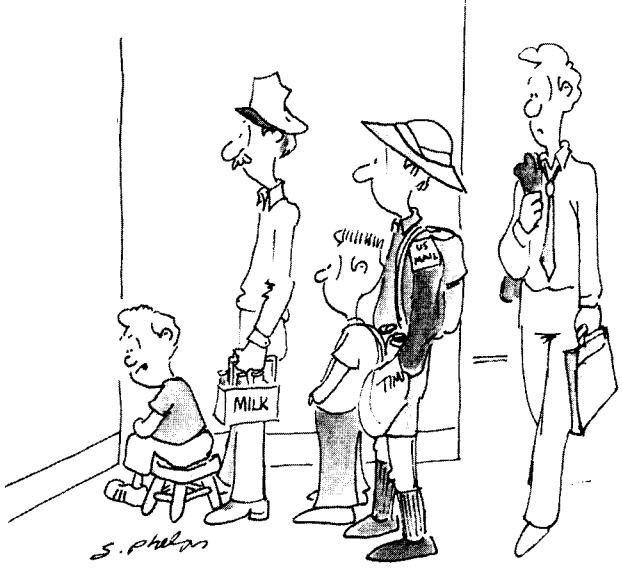
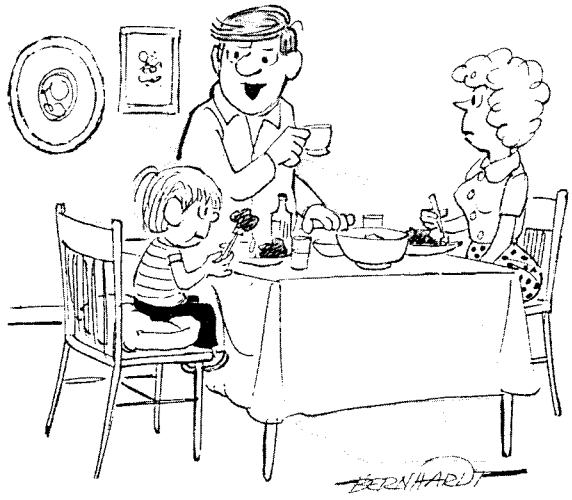
FAMILY TIES



"Mom . . . Pop . . . we're home."



"I guess Mom has had it with everyone!*"*



"Your mother slaves over a hot stove to fix this stuff. It's only fair we suffer a little, too.

"This is my son, the doctor, and my son, the lawyer, and his son, the bum."

"I'll bet you're cosmic stardust Johnson's parents?"

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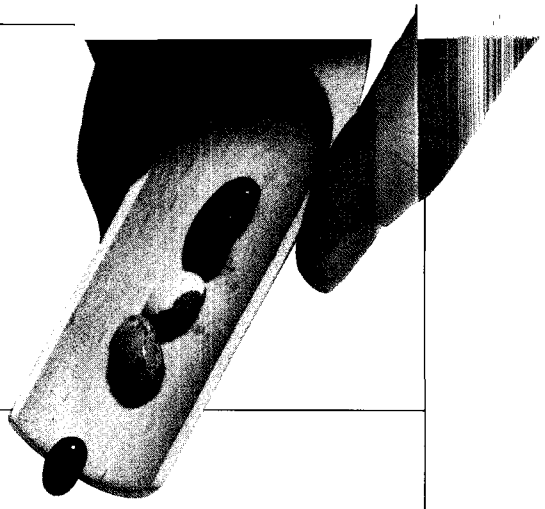
Because You Deserve the Facts, We're Spilling the Beans



Myth:
Oat bran is the best source of fiber.

Fact:
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*"One serving" equals 1/2 cup kidney beans, 1/3 cup oat bran.
Source: Anderson, J.N., and Bridges, S.R. "Dietary Fiber Content of Selected Foods," American Journal of Clinical Nutrition, 1988, Vol. 47, p. 440.

Myth:
Beans bloat bellies.

Fact:
The more often you consume, the less you'll balloon. Build up tolerance for beans by eating small amounts, then slowly up the intake so your body can adjust to the new way of eating.

Myth:
Beans are boring fare.

Fact:
Beans are not just hot dogs' sidekick. They act as sponges, soaking up flavors of any seasoner they're cooked with. You can be creative with beans' endless, palate-pleasing ways of preparation, from simple soups and salads to entrees — even breads and desserts.

Myth:
Beans are fattening.

Fact:
Beans are one of nature's near-perfect foods — full of muscle-building protein; abundant in vitamins and minerals; low in calories, sodium, and fat; and rich in tasty, hearty flavor.

Toss some excitement into your next salad. Add a variety of cooked beans to your favorite recipes.

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HEARTBEAT

The Healthy Heart Report

PERILS OF PROSPERITY

A 28-year retrospection to learn why America's No. 1 killer now has multiple victims in a beautiful Oriental city.

by Ethel R. Nelson, M.D.

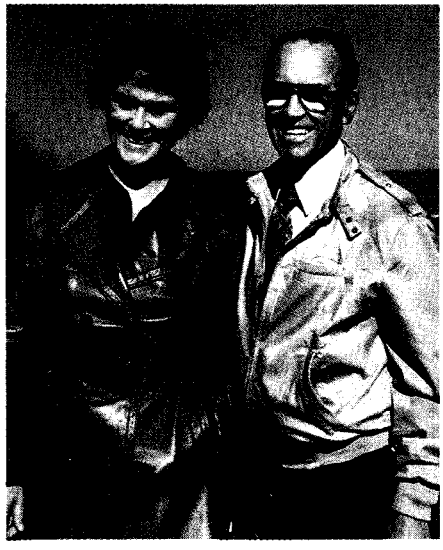
Temple bells dance in the breeze. Fruit- and vegetable-laden boats crowd canals at floating markets. Neatly uniformed youths trudge to school, satchels in hand. Shoppers bargain in a cloth-store alley on a hot, humid afternoon. Exotic *durian* fruits vent their putrid-sweet smell. Wide, nearly empty avenues anticipate more cars in the future. Pedestrian smokers are few. Small, skewed meat chunks dry-roast over a hot charcoal pot. Rich and poor alike throng the Mission Hospital. Tuberculosis? Yes. Accidents? Few. Cancer? Yes. *Heart attacks?* No! Bangkok, Thailand, the early 1950s.

Temple bells dance in the breeze. Most canals are filled in; the streets are widened for the traffic crunch. Neatly uniformed youths walk home from school, some with earphones, some munching ice-cream bars. Shoppers relax in air-conditioned malls. Exotic *durian* fruits vent their putrid-sweet smell. Cigarettes dangle from the lips of smartly dressed businessmen. At stoplights, motorcycles jockey for space between taxis, shiny imported cars, and chauffeur-driven sedans. The plate-glass door of a hamburger shop swings shut behind a customer. Rich and poor alike throng the Mission Hospital. Tuberculosis? Some. Accidents? Yes. Cancer? Yes. *Heart attacks?* Yes! Many! Bangkok, Thailand, the early 1980s.

The Western world knows that the people of developing countries just *don't have heart attacks*. Thirty years ago in Bangkok this was true. Even 25 years ago they were as rare as *durian* in December.

But today it's different.

In 1951, my surgeon-husband and I joined the staff of the 150-bed Bangkok Mission Hospital as eager young physicians. We soon recognized several "geographical" differences in disease patterns between the United States and Thailand. We saw no lung cancer and were surprised how little the Thai populace smoked. Few patients suffered gallbladder disease. Diverticulosis of the colon was nonexistent. Breast cancer in women and prostatic cancer in men were rare.



In 30 years as missionary doctors, Ethel and Roger Nelson watched Bangkok's heart disease rate soar.

The serene beauty of the Wat Arun temple (above) stands in stark contrast to the hubbub and congestion of Thailand's modern capital city (below).

But most conspicuous of all was the *complete absence* of coronary heart disease with accompanying myocardial infarction (MI, "heart attack"). It wasn't that the hospital lacked equipment or laboratory tests to properly diagnose MIs. There just were no MIs. We simply had no sweating, short-of-breath patients with crushing chest pain. As a pathologist, I found no obstructing cholesterol deposits in postmortem coronary artery examinations.

Fellow pathologists in the United States were equally interested in these observations. In 1961, Dr. Albert Hirst from the pathology department of Loma Linda University School of Medicine visited Thailand to personally examine hearts from deceased patients. I arranged with the pathology departments of Bangkok's two large medical-school hospitals that he be allowed similar heart investigations on their autopsied patients.

Dr. Hirst inspected 108 hearts from patients who had died of various causes. He found an acute MI in only one heart and healed scars in but two others. His findings showed only a 2.7 percent incidence of myocardial infarction. Intrigued, he returned to the United States and examined 458 hearts from autopsies at the Los Angeles County General Hospital. He tabulated 97 fresh and healed MIs—a 21.1 percent heart attack rate—in stateside deaths. In 1961, therefore, the incidence in Americans was about *eight times* that in Thai residents.

Bangkok was our "home" for 17 years, until 1968, when our service

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HEARTBEAT

was interrupted by a ten-year stay in the United States. Upon our return to Thailand in 1978, one of my tasks as pathologist was to review monthly the hospital's mortality lists, which record causes of death. I was astonished to find that 2 or 3 of the 15 to 20 deaths each month were due now to heart attacks. What had been happening in our absence?

The MI proliferation inspired Dr. Kittiporn Tantrarongroj, an associate physician, and me to make a continuing study from the hospital's medical records to determine the onset of the disease and its course. Unfortunately, records prior to 1958 had been destroyed. Even so, in 1958, there were yet few MIs.

Bangkok has a mixture of ethnic groups. Besides the Thai, at least 50 percent of Bangkok's population is Chinese, many of whom are well-to-do businesspeople. A growing community of Asiatic Indians, most of them prosperous merchants, are indigenous or immigrant residents. Might there be any ethnic difference in the occurrence of heart attacks among the Thai, Chinese, and Indian populations?

Indian food reaches the zenith of richness as in Curried Lamb Chops smothered in oil and coconut milk.

A cold-cut spread at a traditional Indian wedding feast shows western influence.

Rich desserts: Fruited custards and Indian cake in syrup.

To investigate this, we tabulated the number of first heart attacks per 1,000 hospital admissions (men, women, and children) in each ethnic category separately. These totaled 481 cases over a 28-year period (1958-1985).

The findings were unexpected and startling. There were indeed ethnic differences: the Thai had few heart attacks, the Chinese increasingly more, but the Indians an appalling number. Did this indicate racial differences, or were other factors responsible?

The 28 years of this study were subdivided into six four-year periods. During the first four years, 1958-1961, both the Thai and the Chinese had only 0.3 MIs per 1,000 hospital admissions. But it was a different story for the Indians, who already at this date had 6.2 MIs per 1,000 admissions.

Just what was the significance of these figures compared to the incidence of the disease in the United States, where heart attacks are notoriously frequent? We decided to correlate the occurrence of MIs between the Bangkok hospital and a U.S. hospital, as Dr. Hirst had done 20 years before. We selected for comparison the 300-bed New England Memorial Hospital in Stoneham, Massachusetts, where my husband and I worked during the 10 years between mission appointments.

While vacationing in New England for a month, I reviewed the charts of all MI patients admitted at this hospital between 1978 and 1981. I found 383 first myocardial infarctions, making an American incidence of 11.2 MIs per 1,000 hospital admissions. Now the 0.3 heart attacks per 1,000 Thai and Chinese admissions in Bangkok had more meaning! By comparison with the American rate, heart attacks were exceedingly *rare* among the Thai and Chinese. But Indians, with 6.2 per 1,000 admissions, had half as many MIs as Americans, even at this initial four-year period (1958-1961).

The rise in MIs began between 1962

continued on page 106

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HEARTBEAT

The Healthy Heart Report

PUTTING YOUR HEART TO THE TEST

Knowing your maximal heart rate is an important factor when determining how hard you should work out.

by Bud Getchell, Ph.D.

Illustrated by LeRoy Neiman

The heart beats constantly. It pumps blood throughout the body at approximately 72 beats per minute, or more than 100,000 beats in 24 hours. It circulates at least 2,000 gallons of blood a day. This powerful muscular pump never stops working, regardless of the level of activity. After climbing a flight of stairs, the skeletal muscles relax, but the heart keeps on beating.

Contrary to what you might expect, the blood passing through the heart does not nourish the heart muscle itself. Instead, arteries called coronary arteries, which branch off from the aorta, direct blood by way of capillaries to the cardiac (heart) muscle. In this way each cardiac muscle fiber receives nourishment. The blood is then returned to the right atrium through the coronary sinus, a large vein formed by the coronary veins.

Heart Rate

The heart rate and the amount of blood pumped with each heart beat (stroke volume) vary with the changing needs of the body. At rest the heart pumps about five liters of blood per minute. A liter is the unit of volume in the metric system equal to 1,000 milliliters, or 1.06 quarts. But the heart is capable of increasing this output to 15 to 25 liters per minute when the body is active.

Your resting (sitting) heart rate is influenced by your age, your level of cardiorespiratory fitness, and environmental factors. It becomes progressively lower as your fitness status improves. Changes in temperature and altitude can also affect heart rate.

Resting heart rates vary from extremes of fewer than 40 beats per minute in highly trained athletes to more than 100 beats per minute in sedentary adults. Women tend to have higher sitting heart rates than men. Seventy-two beats per minute is the average for most adults. However, in older people, especially those who exercise regularly, rates are sometimes from 50 to 60 beats per minute or lower.

As you begin to exercise, your heart rate increases. During low levels of exercise that can be sustained over long periods (such as walking) the elevated heart rate will level out at a constant rate (steady state). The increase in heart rate during exercise is directly proportional to the intensity of the exercise. In other words, as the workload increases, the heart rate increases to a similar degree.

Maximal heart rates of 180 to 200 beats per minute are quite common. However, it is well-documented that your maximal heart rate declines with age. It has little relationship to your state of fitness and can generally be estimated to be close to 220 minus your age. As you can see, applying this rule for estimating the 53-year-old man's maximal heart rate would grossly underestimate his actual maximal rate. Thus, when feasible, it is wise to be tested to determine your maximal heart rate. Knowing your maximal heart rate helps you determine your training or target heart rate, an important factor when determining how hard you should work out.

For any given heart rate, the heart with the largest capacity per beat (the largest stroke volume) will pump the most blood. That is, it has a higher cardiac output (pumping more blood per minute) for the same heart rate. *Stroke volume times heart rate equals cardiac output.* The larger the stroke

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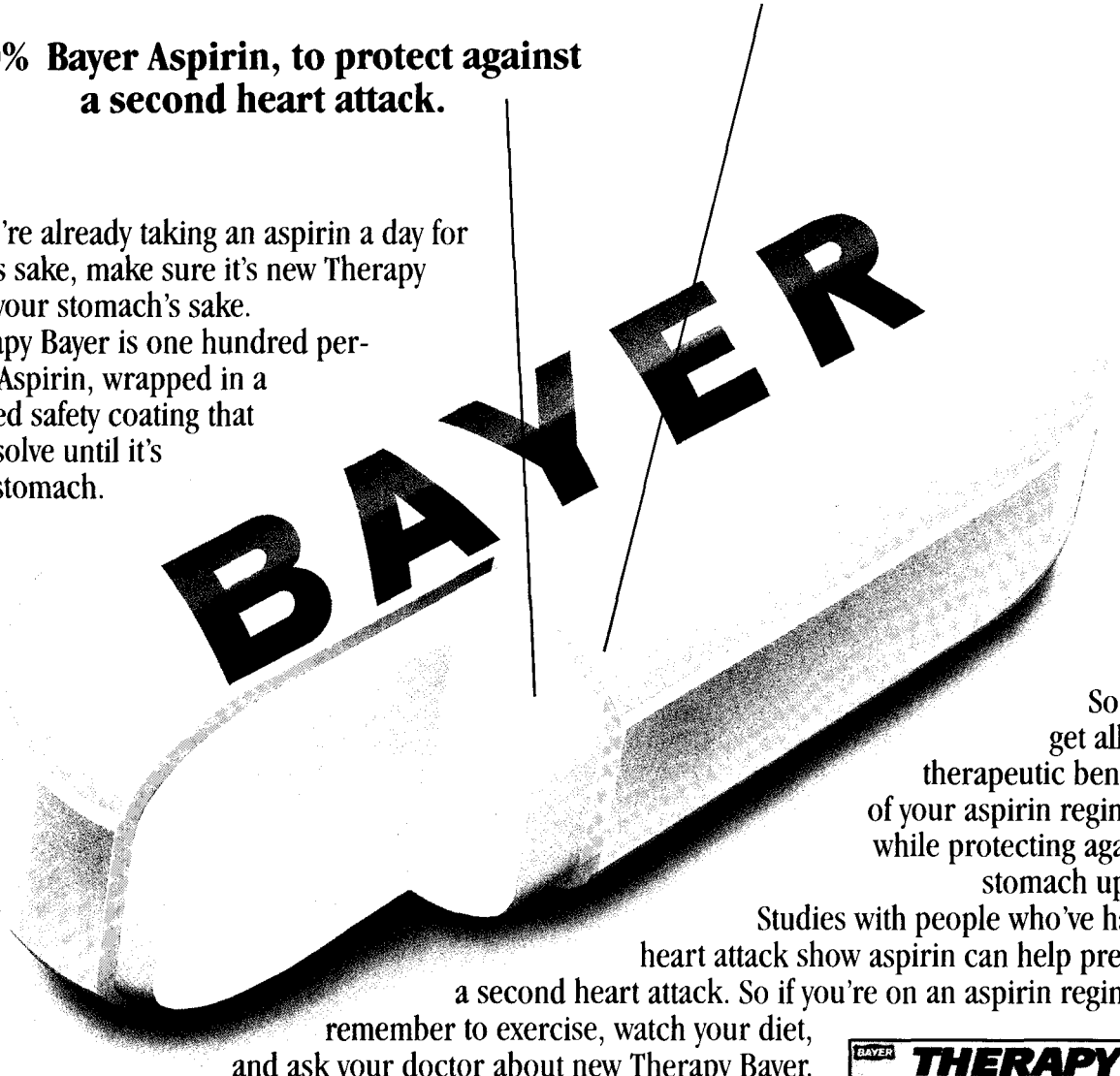

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volume, the greater the heart's ability to pump blood and the higher the level of performance.

Intensity

To improve cardiorespiratory and muscular fitness, a vigorous *overload* is necessary in all conditioning and physical activity programs. This means a stimulation of the heart, the lungs, and the muscles with exercise of substantial effort but well within your capabilities. During exercise, the heart rate increases proportionately with the increase in energy requirement. In other words, as the exercise workload increases, the heart rate increases to a similar degree. For this reason, the exercise heart rate is used as a simple measure for estimating the amount of physiological stress on the body and is a standard means for determining exercise intensity levels.

To make appreciable gains in cardiorespiratory fitness, the heart rate during exercise (training heart rate) must be raised by approximately 75 percent of the difference between the sitting and the maximal heart rates. Referred to as your 75 percent heart rate reserve, this represents a safe and reasonable intensity for most participants. Working out at this heart rate level is a key factor in making significant progress in your fitness program.

How to Count Your Pulse

To determine your training or target heart rate, you must know your heart rate while sitting. And to determine your exercise intensity, you need to know your heart rate immediately after exercise. Except in rare cases, the number of heartbeats each minute is equal to the number of pulse beats each minute. Therefore, your heart rate can be counted at any convenient pulse point.

Follow these steps to determine your pulse rate: First, get a stopwatch or a wrist watch with a second hand. Second, locate your most suitable pulse point. By placing the tips of the fingers on your chest, below and to the side of your left nipple, you can generally pick up your heartbeat. Or try your carotid artery, located just under your jawbone on your neck slightly behind your Adam's apple. Taking your pulse on the inside of your wrist may be the best site. To do so, place the tips of two fingers immediately below the base of the thumb. Be sure to press lightly. Third, when you feel your pulse, count the beats for 30 seconds. Then multiply your 30-second pulse rate by two to determine your pulse in number of beats per minute.

Determining your heart rate at rest is easy—you just sit down in a chair and take your pulse. But taking your pulse during exercise is more difficult. For practical purposes it is assumed that the rate counted immediately following exercise is equivalent to the exercising rate. Immediately after exercise, the pulse rate declines rapidly, so it is important for you to learn to count your pulse as soon as possible (within a second or two after stopping). At this time, the pulse beats will be rapid and strong; hence, easier to locate. Find your pulse within a second or two of stopping exercise and count for ten seconds. Then multiply by six to get your heart rate for a minute.

It will take a little practice before you can consistently obtain a reliable pulse rate. Through experimenting, you can find your most reliable pulse point. Taking your pulse rate immediately after vigorous bouts of exercise helps you monitor the intensity of your workout.

Determining Your Target Heart Rate

Determining your target or training heart rate is simple. Take the difference between your maximal and sitting rates, multiply it by 0.75, and add the result to your sitting rate. The maximal heart rate for most adults generally ranges between 170 and 190 beats per minute. This value represents your highest attainable heart rate. It has little relationship to your state of fitness. Although it is best determined by an exercise tolerance test, it can be estimated to be 220 minus your age. To estimate your training heart rate, use the formula at middle.

Maximal heart rates vary between persons but decrease with age. For example, let's take a maximal heart rate of 180 (an estimate for a 40-year-old person) and a sitting rate of 80. The difference is 100 beats. Seventy-five percent of 100 is 75 beats. Adding this figure to the resting rate of 80, we get a target heart rate of 155 beats (approximately 26 beats for ten seconds). This figure represents 75 percent HR reserve, the safe and effective training level for that person. Similar calculations for a maximal heart rate of 200 (a value for a young person) would result in a target heart rate (75 percent HR reserve) of 170.

When engaging in physical activity, you need to exercise close to your training heart rate to produce significant cardiorespiratory benefits. For most adults, this level of intensity means a target heart rate in the range of 140 to 160 beats per minute. For older adults, because of a decline in maximal heart rate with aging, a lower heart rate may represent an adequate training stimulus. A rate of 120 to 140 beats per minute may suffice for older persons. These intensities indicate safe levels of vigorous exercise for healthy people.

After eight to ten weeks of vigorous endurance-type exercise performed on a regular basis (above-average physical fitness can be attained with regular workouts four times a week), your heart will begin to beat less at rest as well as during everyday tasks. Your heart will be working more efficiently, pumping more blood with fewer strokes, and will recover more rapidly from bouts of exercise or any type of activity that stresses your body.

Formula for Estimating Your Target Heart Rate

220 - _____ = _____ Maximal Heart Rate
Your Age

(_____) - (_____) = _____
Maximal HR Sitting HR Heart Rate Reserve

(_____) x 0.75 = (_____) + (_____) = _____
HR Reserve Sitting HR Target HR

Your target heart rate at 75% heart rate reserve = _____

Bud Getchell, Ph.D., is executive director of the National Institute for Fitness and Sport.

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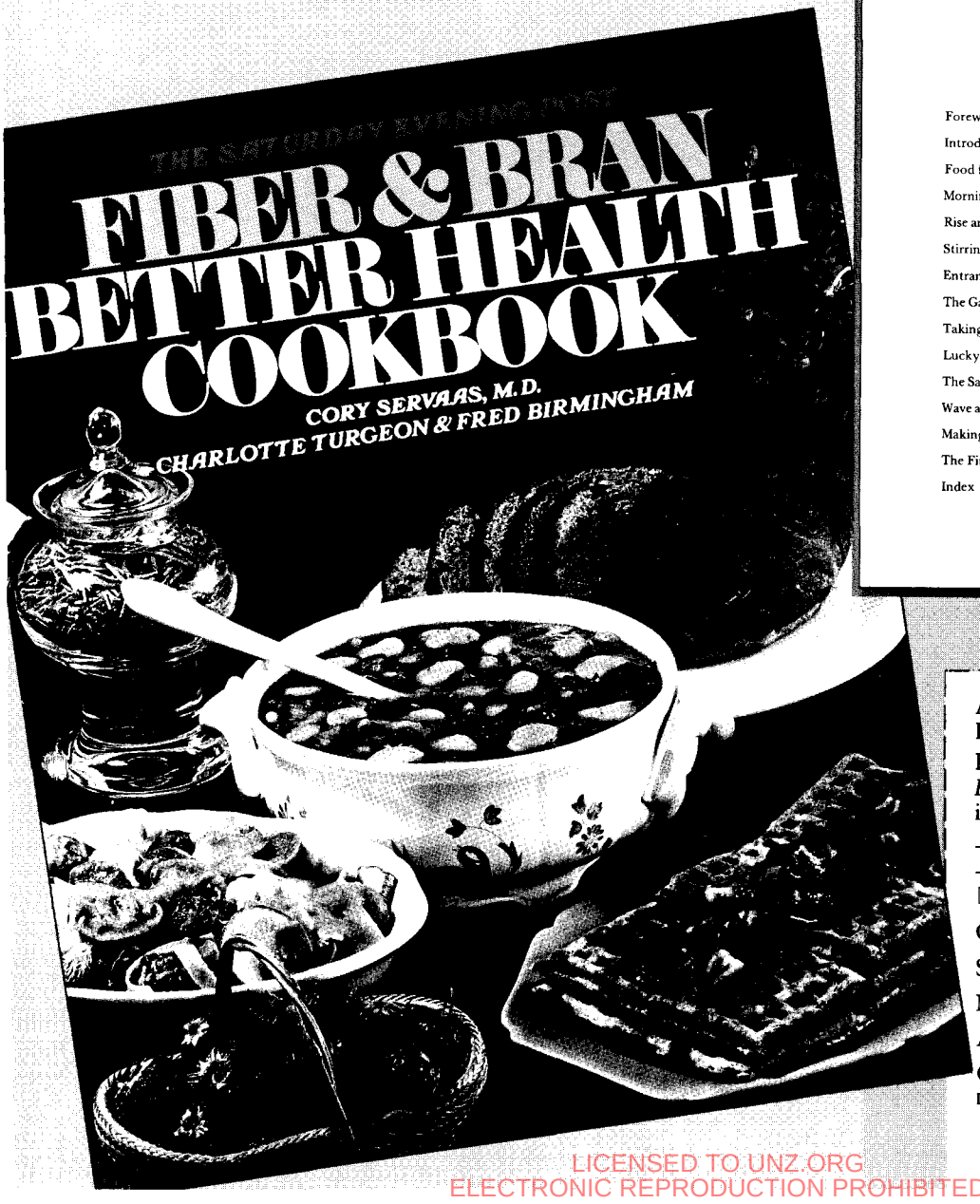

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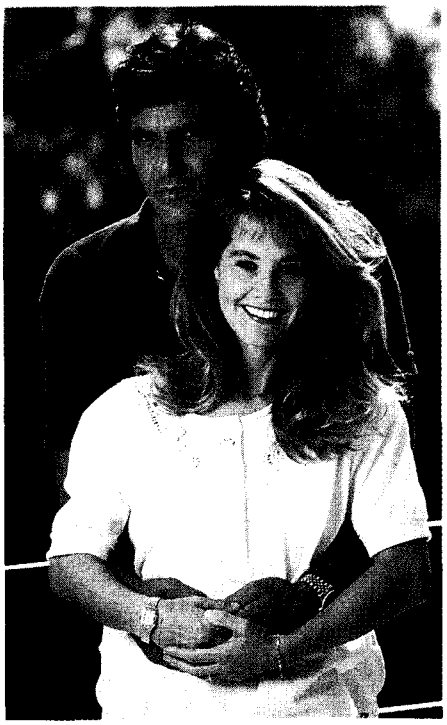
Post People



The expression "If at first you don't succeed, try, try again" by no means applies to ***Mark Spitz***. Not only did he succeed in winning seven gold medals in the '72 Munich Olympics, but now, at age 39, he is in training to try again.

Happily married to Suzy Weiner, a former model, and father of Matthew, eight, this wealthy builder of custom homes is putting his life on hold while he attempts a comeback in hopes of making the U.S. team for the 1992 Olympics in the 100-meter butterfly.

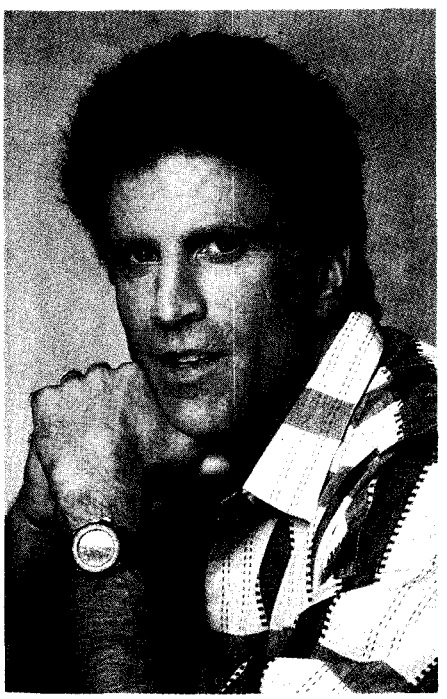
"At age 22 I wasn't at my peak," he says. "And I always wondered whether I could have swum faster. God gave me a body that adapts to aquatic sports —why not make one final effort?"

If you are considering turning in your old television for a wider screen so you can get all of ***John Goodman*** on it, save your money. Considering his work schedule, the 39-year-old Emmy-nominated husband in "Roseanne" (shown here with his costar) is bound to be successful in taking off some of

his 250-plus pounds. A whale in *Sea of Love*, a firefighter in *Always*, a co-star with Bette Midler in *Stella*, the cartoon hero Fred Flintstone—all are John Goodman characters.

Then there's the support of 21-year-old Annabeth Hertzog, whom he recently married. One support he won't have, however, is nicotine. Goodman wisely quit smoking last summer.

In a special Earth Day presentation aired April 22 on ABC, ***Ted Danson***, an actor-producer and the star of the network hit "Cheers," joined other entertainers who do not want to see Irving Berlin's "oceans white with foam" being the result of soapsuds and other environmental contaminants.



Danson says the effort to clean up the environment must start at home. "Once I clean up my backyard," he states, "I'm going to be passionate about you cleaning up your backyard. It's impossible to ignore the fact that what we do as individuals has an impact on the entire world—literally."

Who's on that *Saturday Evening Post* cover up there on the pedestal? The two current Virginia Military Institute cadets on the ends? Guess again. It's the two gentlemen in the center.

The former "cover boys," ***Frazier Baldwin*** (left) and ***Walter Edens***, adorned our cover on November 11, 1939, heading a story on the centennial of VMI and the mission of this legendary military establishment. In fact, Baldwin and Edens had returned last year to the VMI campus to celebrate the school's 150th anniversary. We're happy to see that they, like the *Post*, remain hale and hearty.

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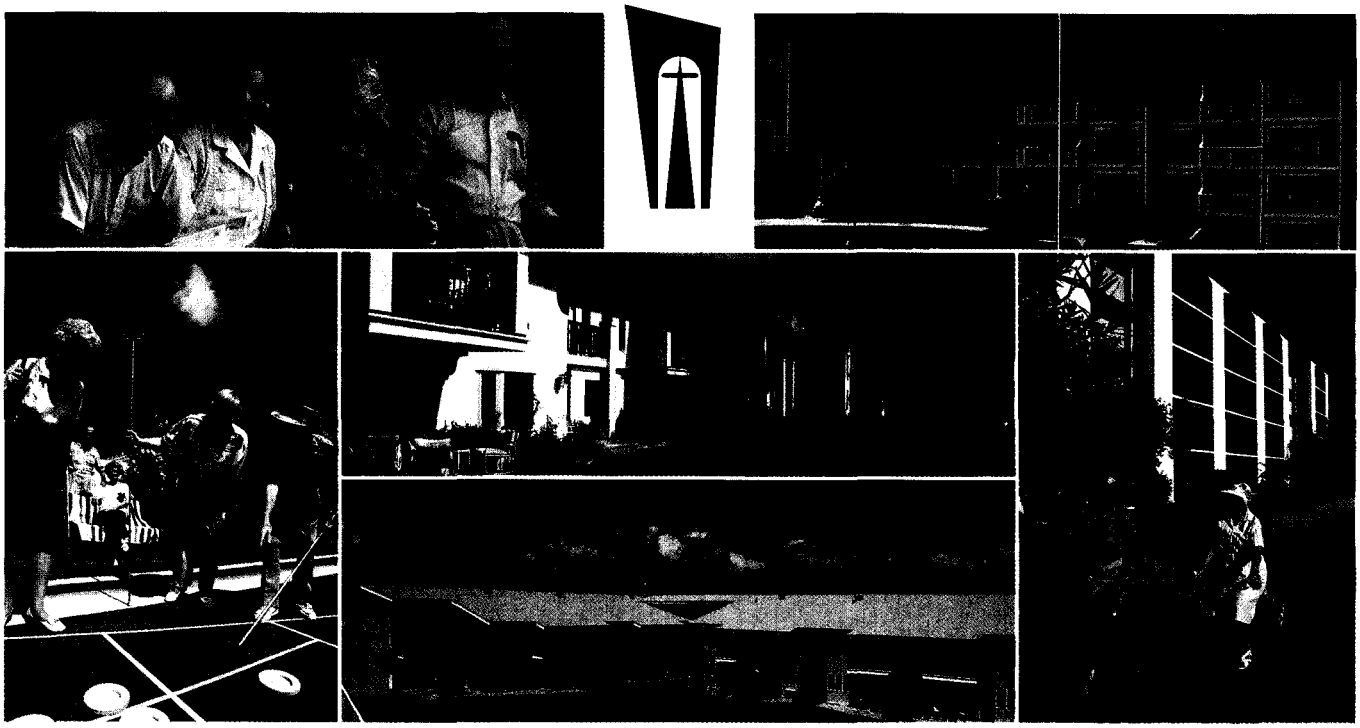

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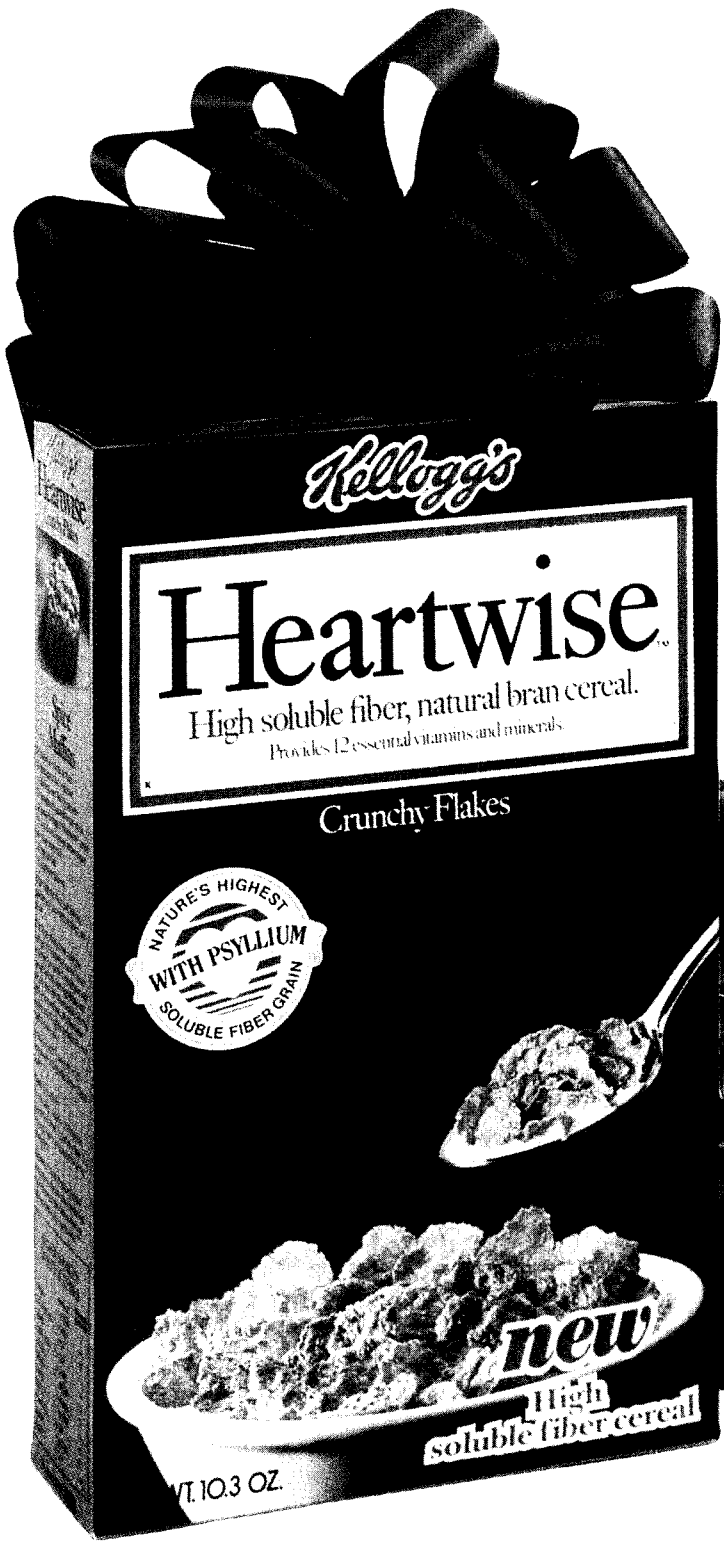
Psyllium and "Psoluble" Fiber:
Getting "Pserious" About Psyllium

A New Source of Fiber Is Here and We Want You To Try It.

Possibly one of the worst dangers of "hypercholesterolemia" is strangulation from trying to pronounce the word. But the best news we've heard is the recent discovery that adding a natural, water-soluble, gel-forming grain fiber—psyllium—to the diet can reduce the bad (LDL) cholesterol. LDL cholesterol clogs the arteries and leads to coronary heart disease—the No. 1 cause of death in the United States.

Our regular readers know that the *Post* was part of the original fiber gang urging the public to switch to high-fiber, complex-carbohydrate diets. Dr. Denis Burkitt and Dr. James Anderson were guests in our kitchen when we wrote the first *Fiber & Bran Better Health Cookbook*.

With the advent of psyllium-containing cereal, consuming sufficient daily fiber will be infinitely easier. We might add that if the psyllium-supplemented cereal is Kellogg's new Heartwise™, the word "tasty" will also apply.



Prunes, sometimes referred to as the "drive-through" breakfast, have never been more tasty than when embedded in a Heartwise muffin fresh from the oven. This is but one of five recipes to be included with your free 10.3-ounce box of Kellogg's brand-new psyllium-fortified cereal.

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Because we want you to be the first in your neighborhood to taste Heartwise, we will mail you a 10.3-ounce gift box when you support us by putting your money on the line for a subscription or renewal to the *Post*.

Your *SatEvePost* kitchens have been busily concocting delicious recipes using psyllium-containing Heartwise cereal to make muffins and other delectable goodies. So when you receive your box of Heartwise cereal, you'll also get our recipes for making your soluble fiber as tasty as anything else you put on your table.

To get your recipes and your box of Heartwise to cook them with, just get out your old checkbook and support the Saturday Evening Post Society one more time. We aim to keep you healthy; to do so, we are now inaugurating a program for putting your mouth where Heartwise cereal is.

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You can trust the *Post*. We started the fiber movement . . . you heard it first from us. We were crusading for the high-fiber, low-fat diet in the early 1970s. Wheat bran to help prevent colon cancer; oat bran for lowering cholesterol. Now you can trust us when we urge you to try a new, more potent way to ensure your fiber intake is adequate.

The POST ranked "excellent" on nutrition

Urge your relatives to read our health advice—and to try our recipes. Did you know that the American Council on Science and Health named the *SatEvePost* "excellent" in nutrition reporting—an accolade given to only one other magazine, *Consumer Reports*?

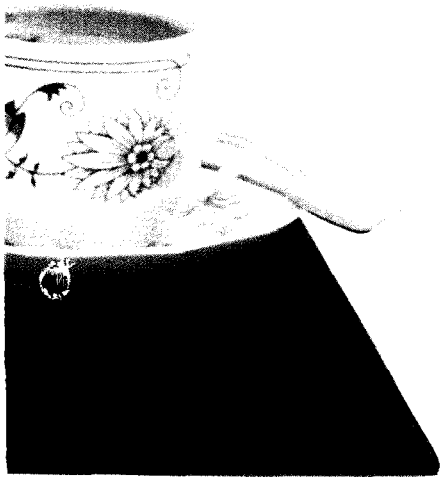
If you give the *Post* as a gift, and you order from the card or coupon herewith, it will go to your happy recipients with a full-size, 10.3-ounce box of Heartwise to show them you care.

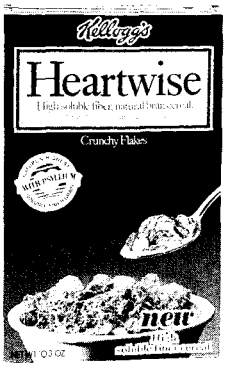
With your gift we'll send new recipes using Heartwise in carrot cake, a tuna-spinach casserole, a delicious Heartwise fruit bread, and a Heartwise gourmet mushroom soup.

Prune Muffins

(Makes 12 muffins)
1¾ cups all-purpose flour
¼ teaspoon salt, if desired
1 tablespoon baking powder
2 teaspoons lemon juice
1 teaspoon vanilla
2 cups Kellogg's Heartwise cereal
1¼ cups skim milk
2 egg whites
¼ cup olive oil
2 cups chopped prunes

Stir together flour, salt, baking powder, lemon juice, and vanilla; set aside. In large mixing bowl, combine Kellogg's Heartwise cereal and milk. Let stand 3 minutes or until cereal softens. Add egg whites and oil; mix well. Add flour mixture and prunes; stir only until combined. Portion batter evenly into lightly greased 2½" muffin-pan cups. Bake in 400° F. oven about 20 minutes or until golden brown. Serve warm.





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FOOD

A BULB OF BENEVOLENCE

Throughout antiquity, garlic has been heralded for its curative powers. Today, modern medicine too is saluting this smelly but salubrious bulb.

by Deborah Hufford

Long ago, garlic was believed to repel vampires. Today, researchers from the National Cancer Institute and other medical communities believe that garlic may indeed be a powerful talisman, but against modern-day demons—cancer and heart disease.

For thousands of years, garlic's magical aura of healing was as illustrious as its smell was malodorous. Venerable ancients extolled its virtues, claiming it to be everything from an aphrodisiac to an antidote for horses' nightmares. The Egyptians fed garlic to pyramid-building slaves to build their stamina, and Alexander the Great fed garlic to his legions to increase their valor in battle; Hippocrates declared it a laxative; Aristotle recommended it for rabies; Pliny the Elder prescribed it for 62 ailments, including hemorrhoids and snakebites; Muhammad applied it to scorpion bites. In the Middle Ages, a garlic garland worn around the neck was protection against the plague.

The humble garlic bulb is showing promise as an effluvial elixir, as enriching to our health as to our palate.

More recently, it was rubbed on racehorses' bits to prevent competitors from passing, and Swedish farmers tied cloves around cows' necks to prevent trolls from stealing milk in the night. Today, bullfighters still wear garlic around their necks as good luck against the horns of bulls.

Modernity's claims of garlic's extraordinary properties are as dramatic as those of ancient lore. Recently, the National Cancer Institute declared that a diet rich in garlic and other allium vegetables can help prevent stomach cancer. Other studies have revealed garlic as an antidote for high cholesterol and high blood pressure, a retardant of blood clotting, a powerful antibiotic, an activator of our own natural immune systems, and a possible treatment for other cancers.

Researchers have found that the very essence of garlic's healing power is in its smelly sulfur compounds. Garlic, along with onions, leeks, chives, and scallions, is a member of the plant genus *Allium* and is rich in volatile, biologically active sulfur compounds proving to be enthusiastic fighters in the war against modern-day killers.

A definitive study on garlic's cancer-fighting abilities, recently published in the *Journal of the National Cancer Institute*, focused on the diets of stomach-cancer patients and cancer-free subjects in Linqu, China. Researchers found that allium vegetables "can significantly reduce the risk of stomach cancer. Persons in Linqu tended to be exposed to mild doses of allium vegetables over long periods, likely beginning in childhood. Our study suggests that all or part of such exposure has resulted in a reduction in stomach cancer risk starting at an early age . . . and continuing through life."

Likewise, another study in China seems to support the institute's findings. In Gangshan, China, each resident eats an average of seven garlic cloves a day, and the rate of stomach cancer in that area is extremely low.

Garlic also shows promise of fighting heart disease in a variety of ways. Recent studies of a religious East Indian sect whose members eat extremely large amounts of garlic have shown that these persons exhibit very low levels of cholesterol and triglycerides, which clog the arteries. Furthermore, garlic raised the levels of "good" cholesterol. This type of cholesterol, called high-density lipoprotein, or HDL, reduces artery-clogging substances in the blood.

Another study, at the State University of New York at Albany, indicates that garlic produces a compound called "ajoene," released when garlic is heated. Eric Block, a professor of chemistry at the university, says ajoene keeps blood platelets from clotting, which may indicate that garlic would be helpful in thinning the blood and preventing heart attacks and strokes.

Garlic's benevolence does not end here. The bulb also contains the sulfur compound *allicin*, an antibiotic that in 1858 Louis Pasteur discovered would kill bacteria. Because of the bulb's antiseptic qualities, garlic was used widely in World War II as a poultice for open wounds. Today we

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know that, used in large amounts, garlic can kill 23 types of bacteria, including salmonella and staphylococcus, and 60 kinds of fungi and yeasts, among them *Candida albicans*, a cause of vaginitis. Garlic is also a source of vitamins A, B, and C, as well as selenium, which stimulates the body's immune response.

Although some of garlic's medicinal powers remain mysterious, modern science is closer to unlocking its curative secrets. Questions that remain unanswered are "Just how much garlic must a person eat to reap its healthful results?" and "What forms of garlic are most healthful?"

Studies seem to indicate that the way garlic is prepared affects its healing properties. Some beneficial compounds are released when the garlic is crushed; others, when it is heated or cooked. As *The Official Garlic Lover's Handbook* states, "The more you do to it, the more it will do to you." When raw garlic is crushed, for example, an amino acid from one part of the clove combines with an enzyme from another part and produces allicin, which kills bacteria. Garlic gurus suggest that the bulb's healthful chemicals can be destroyed when deodorized or dried into garlic salt or powdered form.

There is also the question "Can you eat too much of a good thing?" Most indications are that large amounts of garlic are harmless, although there have been cases of allergies, stomach disorders, and diarrhea in heavy ingestors. Perhaps the biggest drawback is garlic's antisocial qualities, for which it was nicknamed "the stinking rose." Its pungency was once considered so infamous that it was believed to repel werewolves, warlocks, and sorcerers.

Despite the pungent smell, this humble little bulb is quickly redeeming itself as an effluvial elixir that holds promise of enriching our health as much as it has enriched our palate. In light of new research into garlic's protective powers, the old folk adage "An *apple* a day keeps the doctor away" may have to be revised.

Garlic and Spinach Stuffed Chicken Breasts
(Makes 4 servings)

2 tablespoons unsalted butter or margarine
1/3 cup chopped green onion
3 medium cloves garlic, minced
1 package (10 oz.) frozen chopped spinach, thawed and well-drained
1 can (10 3/4 oz. Campbell's Special Request cream of mushroom soup
3/4 cup shredded Monterey Jack cheese
2 whole chicken breasts, split and boned
1/4 teaspoon pepper
3/4 cup skim milk
1/4 teaspoon paprika

In 2-quart saucepan over medium heat, in 1 tablespoon hot butter, cook onion with garlic 3 minutes or until tender. Remove from heat. Stir in spinach, 1/3 cup of soup, and cheese;

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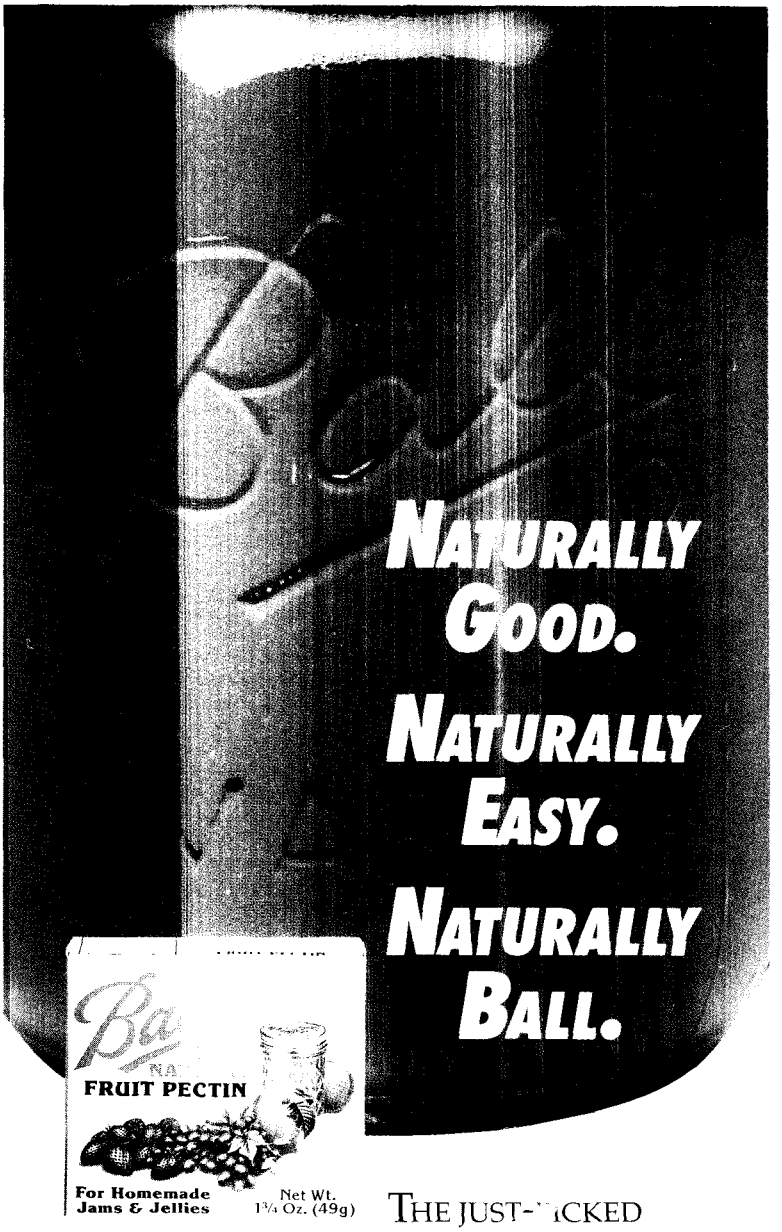

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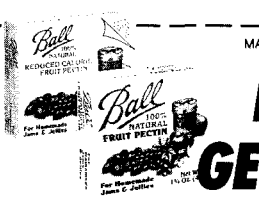

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VETS ON PETS

PETS' ALLERGIES ARE NOTHING TO SNEEZE AT

When your dog's or cat's complicated immune system begins overreacting, it's time you began scratching around to find the foreign substance your pet has been inhaling or ingesting.

by Gabrielle Hoeppner, D.V.M.

Your dog may be scratching itself when the nearest flea is a block away. It may begin chewing its feet, but that is no indication it wants to go for a walk. Nor is your cat's sneezing, hacking, or wheezing necessarily evidence that it has come down with a cold. No, what your pet might have is an allergy.

Four-footed animals, like their masters and mistresses, can be allergic to a variety of common substances—allergens, as they are known in professional circles. Fortunately, all mammals have an efficient, if complicated, mechanism that protects against infectious bugs, dusts, molds, and other potentially harmful foreign proteins. This system occasionally overreacts, however, and the result is an allergic reaction.

These reactions aren't caused overnight. They are rarely seen in animals less than a year old, and they tend to get worse with repeated exposure to the offending substance.

"But, Doc, he's been eating Crunchie Wunchies for four years, and he's never had this problem before" is the common plea of the pet's owner. The allergy could have been developing for several years, unnoticed.

Determining the Allergy

Most allergic reactions are annoying but relatively mild, and they rarely result in a life-threatening situation. However, uncommon anaphylactic reactions can be rapidly fatal. Reactions to penicillin, incompatible blood transfusions, or insect bites occur in people as well as in animals, and they can cause cardiovascular collapse, respiratory failure, and classic signs of shock. Prompt medical treatment is needed. Warn your veterinarian about any possible drug reactions or previous blood transfusions your pet has had.

Coming into contact with certain substances can be double trouble for pets susceptible to allergies.

Hives, which can also be caused by ingestion of foods or medications, is characterized by swelling of the tissues around the head, eyes, ears, and mouth. Other parts of the body may be affected with rounded, reddened areas where the hair is raised. The pet will show signs of intense itching, and it may rub its head on the ground in an effort to get relief. Wash the pet in a mild soap and go to your veterinarian for treatment.

Atopy is an allergic predisposition to inhaled substances or the ingestion of certain foods. Unlike pets, people respond to inhalant allergies with typical sinusitis/rhinitis symptoms (runny eyes, runny nose, sneezing). Instead, most pets are affected by intense itching. The itching seems to be concentrated around the forelegs, the belly, and the feet. A pet that spends a lot of time chewing on its feet should be evaluated for an allergy. This itching must be differentiated from fleas and mange; a veterinary visit is necessary for an accurate diagnosis. Atopy can be seasonal, if due to certain pollens; symptoms from house dust or foods can be present year round. Food allergies, which are becoming more common, can be due to dyes and additives or any of the other ingredients found in common pet foods.

Flea allergy dermatitis is one of the most common allergic reactions. Even one or two flea bites can cause a severe reaction in a sensitive animal. The base of the tail, the hindquarters, and the lower abdomen are most often affected, but the condition may spread down the back, head, and neck in severe cases. Small scabs form and the skin often becomes infected. Large sores can develop where the pet has chewed and scratched, and there may be much hair loss. Good flea control and treatment for the skin infection are needed.

Contact allergy can cause skin redness, sores, and infection as well as hair loss. The classic example is the flea collar allergy. Remove the offending substance and bathe your pet with

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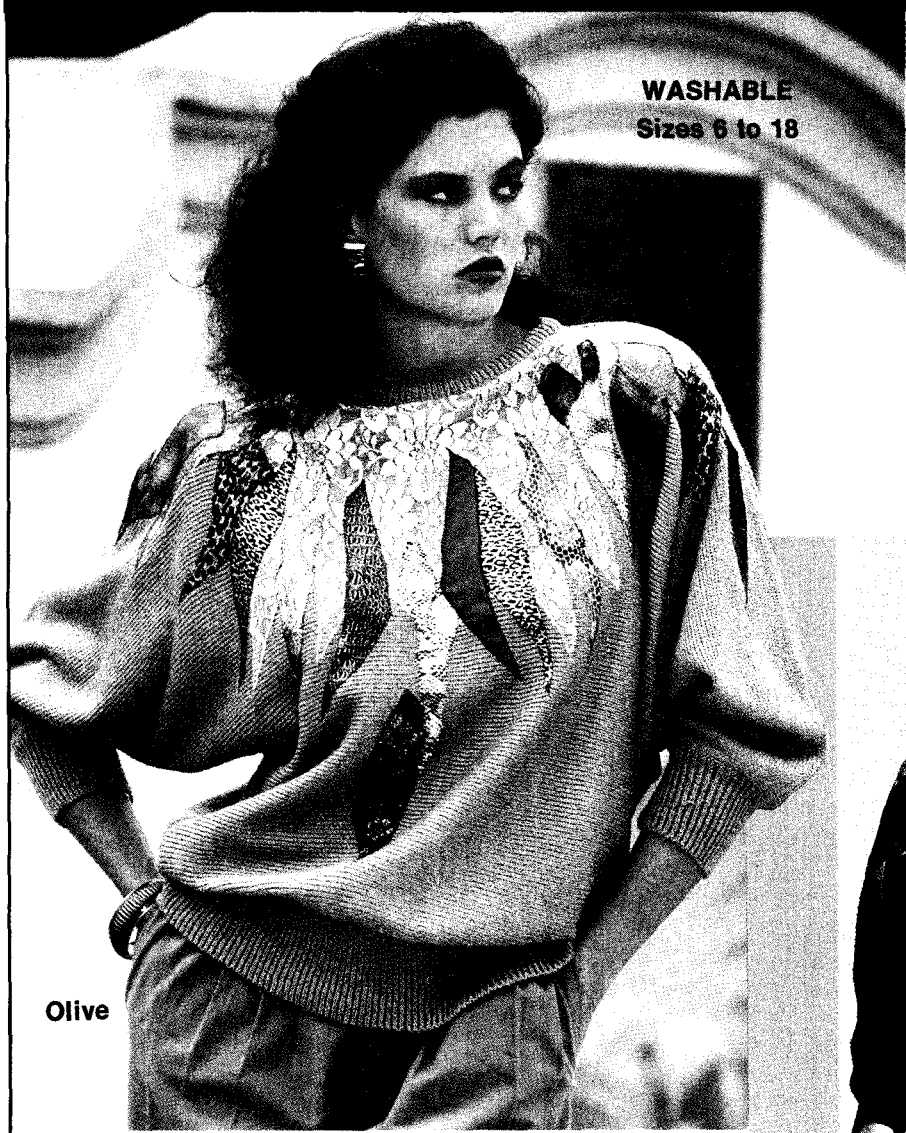

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a mild soap to cleanse and soothe the skin. Feline acne, which appears as pimples under the cat's chin, is a type of contact allergy often due to contact with plastic food and water bowls. Pets should be fed and watered from glass or stainless steel dishes to avoid irritation.

Insect bites can cause localized pain and swelling. Treatment with cold packs and antihistamines can give the animal relief.

Food allergies can cause a gastrointestinal reaction characterized by vomiting, diarrhea (perhaps bloody), and gas. Vomiting can occur soon after eating. The pet might feel well despite its gastrointestinal symptoms. Any chronic vomiting or diarrhea should be evaluated by your veterinarian to rule out other serious disease as a cause.

Feline asthma is another allergic reaction characterized by chronic coughing, wheezing, sneezing, or difficulty in breathing. This fairly common condition can be serious; it warrants a prompt visit to your veterinarian for treatment and ruling out of other causes of respiratory difficulty. The problem is often seasonal, unless the allergy is due to something present at all times, such as household dust or synthetic fabrics. Affected cats can be successfully treated with bronchodilators and corticosteroids.

Treatment for Allergies

Allergies cannot be "cured" in the conventional sense of the word. Ideally, the allergen will be identified and then eliminated from the animal's environment. However, identification and elimination are often impossible. The patch testing and desensitization process is expensive; it requires a board-certified veterinary dermatologist or someone experienced with the procedure; and results are often disappointing. In addition, most allergic pets, like most allergic people, turn out to be sensitive to many common allergens rather than a single agent. Patch testing involves injecting a small amount of various suspected foreign proteins into the skin and then actually measuring the reaction. Interpretation can be difficult, and it is best done by specialists, who can be found in most large cities or at university veterinary colleges.

Desensitization can be tried once the offending substances are identified. This involves injecting small amounts of the allergen at frequent intervals until the animal's body learns to tolerate it. Unfortunately, the success rate is fairly low (around 40 percent), even under the best of conditions. However, it might be worth a try if all other treatment fails.

The most common treatment for pet allergies is low-dose corticosteroids and antihistamines to control the symptoms. When given correctly, these drugs are safe and effective. In the case of food allergies, identifying the offending agent and simply eliminating it from your pet's diet is the best procedure. Commercial hypoallergenic diets are available, and most of the "premium" pet foods are made with high-quality ingredients free of dyes or other additives.

Sometimes boarding the pet for ten days to two weeks can identify an allergy as being caused by something in the household. If the symptoms disappear while the pet is boarded, household allergies can be suspected. It's surprising how often a perfume, hairspray, or synthetic fiber turns out to be the culprit. Diagnosing an allergy often requires some expert detective work and even pure luck. Even if the source of the allergy remains a mystery, your veterinarian can help you and your pet live with the problem.

How to Handle People Allergies to Pets

Being allergic to your pet is nothing to sneeze at. Many people have a special relationship with their pet, and they are devastated when they learn they are allergic to a good friend and companion. Fortunately, steps can be taken to lessen the impact of the allergy and allow the pet to remain a part of the household.

Allergies are cumulative. The allergic reaction is usually caused not only by the pet but also by other allergens in the house, such as dust, pollen, mold, mildew, smoke, cleaning products, and cosmetics. Eliminating as many offending agents as possible can lessen the severity of the allergy.

Pet hair itself is not the source of the allergic reaction; it doesn't matter if the pet is short- or long-haired. The hair does carry allergens, microscopic particles of dead skin and dried saliva. Keeping the pet's hair and skin healthy and clean helps keep dander and saliva at tolerable levels. New products are available at pet shops and veterinarian clinics. Consulting with an allergist and your veterinarian to investigate all options available is preferable to giving up your pet. Meanwhile, the following tips will help.

- Invest in an air purifier. Have ductwork cleaned periodically. Change filters regularly on furnaces and air conditioners.
- Eliminate household dust and pet hair. Vacuum daily; vacuum bare floors instead of sweeping. Use dusting sprays to avoid scattering dust. If possible, have someone else do the heavy cleaning. Avoid such dust catchers as heavy drapes, stuffed animals, and ornate furniture. Dust tops of ceiling fans, cabinets, and bookshelves.
- Open windows for a few minutes daily to allow fresh air to circulate.
- Use such natural fibers as cotton or wool. Eliminate other types of inhalant allergens, such as cigarette smoke, perfumes, scented cosmetics, and cleaning products.
- Wear a gauze or paper surgeon's mask when grooming your pet. Groom daily to remove loose hair; do so outdoors if possible, or have someone not allergic groom the pet. Wash hands after handling your pet, and avoid touching your face or eyes until your hands are washed. Use one of the new grooming sprays on the haircoat.
- Train the pet to sleep in its own basket or on its own blanket, which should be washed frequently. Do not allow the pet to sleep in or come into your bedroom.
- See your allergist for possible desensitization to your allergies.

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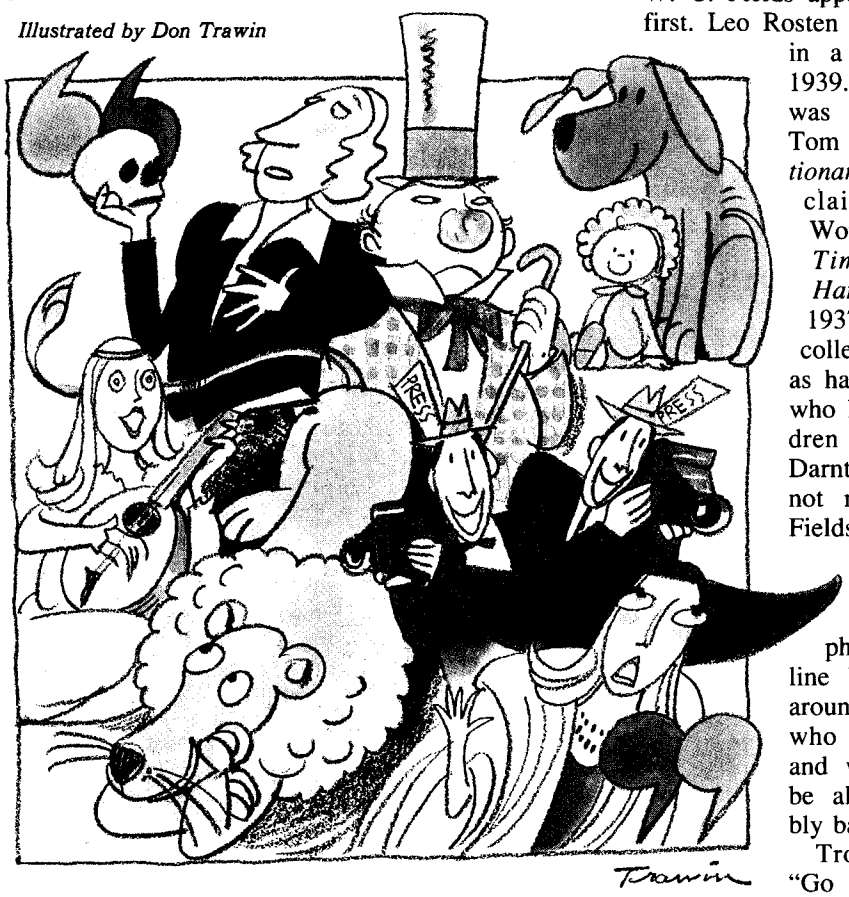
SAY IT AGAIN, SAM

A misquoted word or phrase is often received without question and passed along to others who in turn accept it as correct.

by John Bohannon

Illustrated by Don Trawin



"Music has charms to soothe the savage beast."

A popular quotation from Shakespeare. Right?

Wrong. And also wrong.

It's not William Shakespeare. It's William Congreve, an English dramatist (1670-1729). And he wrote "savage *breast*," not "savage *beast*." Another Congreve misquotation is "Hell has no fury like a woman scorned," originally written: "Heaven has no rage like love to hatred turned, / Nor hell a fury like a woman scorned."

It's easy to incorrectly quote common phrases; we do it every day. And one person reading or hearing a misquoted phrase will pass the incorrect version along to others who repeat it, and so on. Don't worry, though. The dreaded Misquotation Police won't knock on your door at midnight demanding your firstborn, your silverware, and all those towels you've borrowed from motels over the years. But it's interesting to know how many phrases are bandied about improperly, what those phrases really are, and who said them first.

One of the more common of these kinds of errors occurs when someone quotes from Lincoln's Gettysburg Address, saying, "Fourscore and seven years ago our forefathers. . . ." Lincoln actually said "our *fathers*," not "*fore*-fathers."

When you do something in excess, someone might accuse you of "gilding the lily." "*Paint* the lily" is from Shakespeare.

Another often-misquoted line from Shakespeare is, "Alas! Poor Yorick. I knew him well." The correct quote is, "Alas! Poor Yorick. I knew him, Horatio."

Shakespeare also wrote, "The better part of valor is discretion," not, as it's often repeated, "Discretion is the better part of valor."

"A little knowledge is a dangerous thing." That's another often-heard phrase, again, misquoted. Alexander Pope wrote, "A little *learning* is a dangerous thing."

Those who don't want to hold public office often quote Gen. William T. Sherman: "If nominated I will not run; if elected I will not serve." Sherman's actual words to the Republican National Convention in June 1884 were, "I will not accept if nominated and will not serve if elected."

When people quoting the Declaration of Independence talk about "an inalienable right," they're close. It's actually "an *un*alienable right."

Someone doing an impersonation of W. C. Fields will probably say, "Anyone who hates children and dogs can't be all bad." The correct quotation is believed to be "Any man who hates dogs and babies can't be all bad." But W. C. Fields apparently didn't say it first. Leo Rosten said it *about* Fields in a tribute to him in 1939. And even Rosten was not being original. Tom Burnam in the *Dictionary of Misinformation* claims that Cedric Worth of the *New York Times*, writing in *Harper's Magazine* in 1937, quoted his *Times* colleague Byron Darnton as having said, "No man who hates dogs and children can be all bad." Darnton apparently was not referring to W. C. Fields at the time, but to some mysterious person not identified. Perhaps the phrase evolved from a line by Thomas Carlyle around 1833: "No man who has once heartily and wholly laughed can be altogether irreclaimably bad."

Trot out the phrase "Go west, young man," and most people will immediately credit Horace Greeley with having said it. He did say it, but he wasn't first. The first time that phrase appeared in print was in 1851, when John Babsone Lane Soule wrote it in the *Terre Haute (Indiana) Express*. Horace Greeley used it in an editorial in the *New York Tribune* and subsequently, after the phrase gained popularity, gave Soule credit for it. But most people still associate Greeley with the phrase and insist he used it first.

Although not usually misquoted, the most often repeated—and probably the most readily recalled—comment by President John F. Kennedy can be compared to remarks by several other people, and even traced back to Rousseau in 1762: "Where is the man who owes nothing to the land in which he lives? Whatever that land may be,

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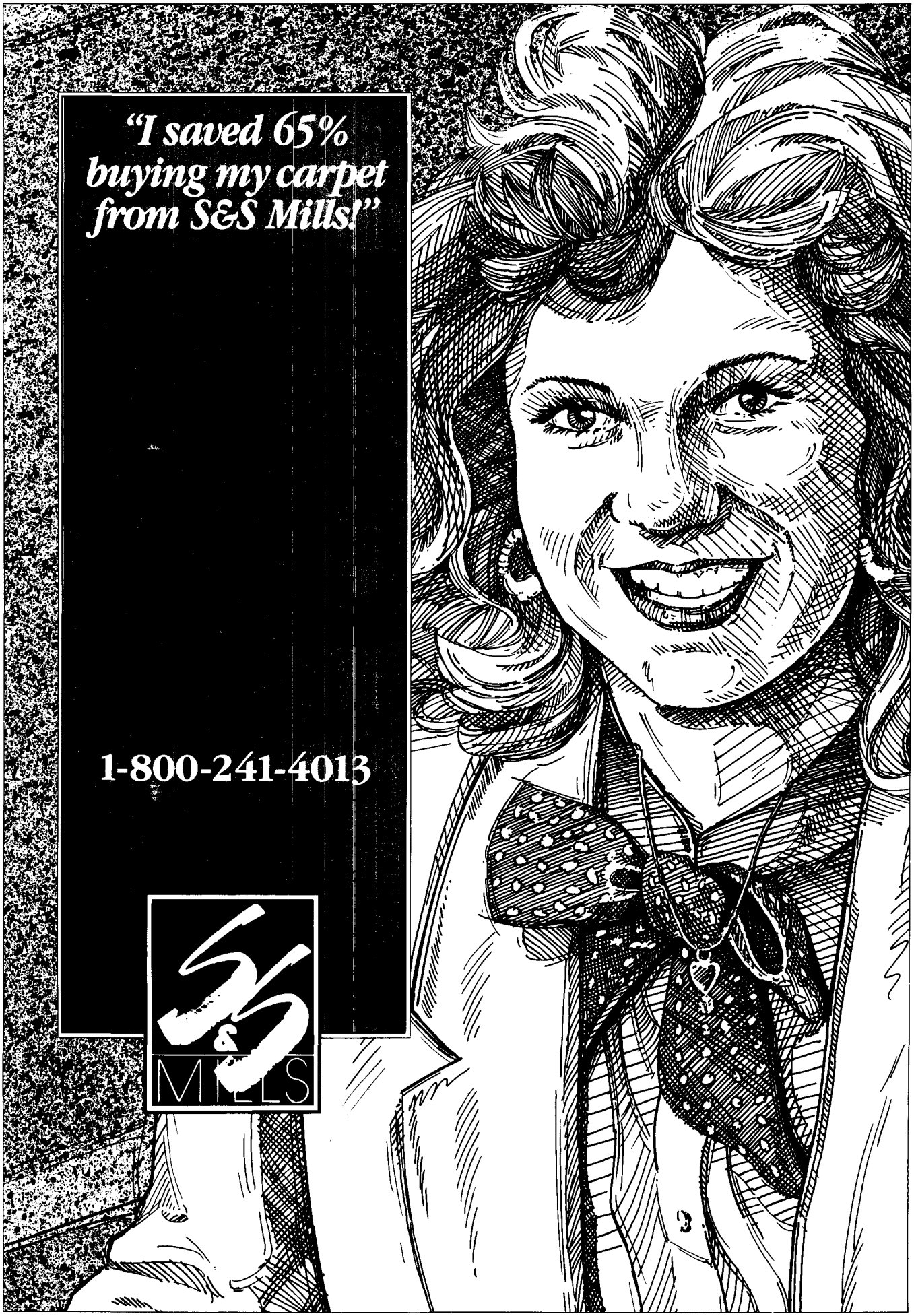

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he owes to it the most precious thing possessed by man, the morality of his actions and the love of virtue."

In 1884 Oliver Wendell Holmes weighed in with: "For, stripped of the temporary associations which give rise to it, it is now the moment when by common consent we pause to become conscious of our national life and to rejoice in it, to recall what our country has done for each of us, and to ask ourselves what we can do for our country in return."

Warren G. Harding (president from 1921 to 1923) said in 1916, "In the great fulfillment we must have a citizenship less concerned about what the government can do for it and more anxious about what it can do for the nation."

President Kennedy, during his inaugural address in 1961, made it a sleeker, more memorable comment by saying, "Ask not what your country can do for you; ask what you can do for your country."

Or as Oliver Wendell Holmes said in 1858, "A thought is often original, though you have uttered it a hundred times."

One phrase uttered hundreds of times is the well-known comment by President Franklin D. Roosevelt: "The only thing we have to fear is fear itself." He said it during his inaugural speech March 4, 1933. But that thought had been bandied about in many different forms for many years. The French essayist Montaigne, in 1580, said, "The thing I fear most is fear." Francis Bacon, in 1623, said, "Nothing is terrible except fear itself." The Duke of Wellington, in 1831, said, "The only thing I am afraid of is fear." A few years later, in 1851, Thoreau said, "Nothing is so much to be feared as fear." In the Bible (Proverbs 3:25): "Be not afraid of sudden fear."

Ralph Waldo Emerson is often quoted as having said something about a better mousetrap. You often hear it or read the phrase, sometimes attributed to Emerson, sometimes attributed to no one. It all began in 1855 when he wrote in one of his journals: "I trust a good deal to common fame, as we all must. If a man has good corn, or wood, or boards, or pigs to sell, or can make better chairs or knives, crucibles or church organs than anybody else, you will find a broad hard-beaten road to his house, though it be in the woods."

In 1889 Sarah S. B. Yule and Mary S. Keene, preparing a lecture, tried to recall Emerson's exact words. They could not. But they came close, deciding he had said: "If a man can write a better book, preach a better sermon, or make a better mousetrap than his neighbor, though he builds his house in the woods the world will make a beaten path to his door."

"My wife's given me the silent treatment for three days. I'm not looking forward to the 10,000 words when it's over!"

Later, someone decided that a shorter, snappier version looked and sounded better, and today we have—incorrectly attributed to Emerson—"Build a better mousetrap and the world will beat a path to your door." Well, it does have a certain Madison Avenue pizazz.

Someone who wants to get away from mousetraps and the rat race by "getting away from the maddening crowd" is incorrectly quoting the title of Thomas Hardy's 1874 novel, *Far from the Madding Crowd.* Madding means wild or furious; maddening means being irritated or driven mad, perhaps by people who misquote things.

A suburban nursery once ran a series of newspaper ads showing a picture of a lush, green front yard and the phrase "I want to be a lawn." The person who came up with that idea thought he was being clever by using a pun to paraphrase Greta Garbo, often quoted as having said, "I *vant* to be alone." Asked about this many years ago, she replied, "I never said, 'I want to be alone'; I said, 'I want to be *let* alone.' "

The phrase "Elementary, my dear Watson" is merely a theatrical creation. Sir Arthur Conan Coyle never used this smug response in any of the Sherlock Holmes tales, which began appearing in 1887.

Other supposedly famous lines include the one impersonators always use for Humphrey Bogart, appearing in the 1943 film *Casablanca*: "Play it again, Sam." What Bogart actually said in that movie was, "Play it!" His co-star Ingrid Bergman said, "Play it, Sam." Incidentally, *Play It Again, Sam* is the title of a Woody Allen film (1972).

Although not a misquotation, a portion of one of Longfellow's most famous poems is oft-misunderstood. "Under a spreading chestnut tree the village smithy stands / the smith a mighty man is he / with large and sinewy hands." This, at a mere uncomprehending glance, conjures up an image of the blacksmith himself standing under a tree, but the word smithy means shop. Longfellow was saying that the *shop* stands under the tree, not the smith who stands inside the shop that stands under the chestnut tree. And his name wasn't Smith, either.

We continually misunderstand and misquote each other, borrow someone else's words or phrases, incorrectly attribute someone, and sometimes even unintentionally plagiarize to get a point or idea across. But what's so bad about that? At least we're all still speaking to each other.

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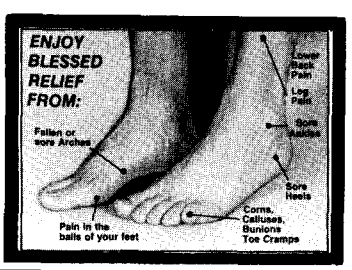

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The claims we make about Flexible Featherspring Foot Supports are not exaggerated! 3,000,000 satisfied customers are proof positive. If you are bothered by aches and pains of the feet, legs or lower back, we state firmly that Featherspring will bring you instant relief *or you risk nothing.*

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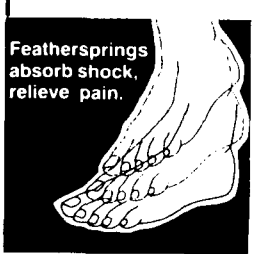

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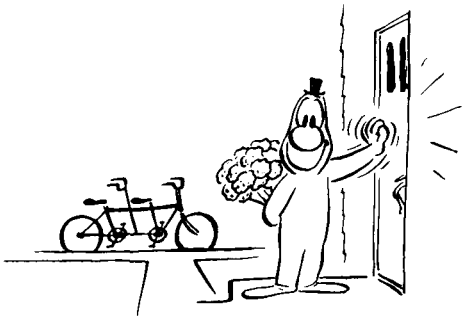

POST SCRIPTS

Spare Hub

"When I die," the rich old man said bravely to his young wife, "I want you to get married again."

"Don't talk that way," she said.

"I want you to give him all my clothes so he can look great when he takes you out," he said.

"Don't go on like this," she cried. "It's impossible."

"Why impossible?" he asked.

"Because," she explained, "you wear a size 40 regular and he's at least a 42 long."

—Henry H. Dunagan

Sixty-Year-Olds, in the Front Seat of a Chevy

John, I think 80 years is time enough for me.

Eighty! Who would take care of me?

How long were you thinking of?

I was thinking 90. But I want you with me.

I pause, consider, and brush a dark speck from my skirt.

I guess I can muster enough yardage for that.

Our hands meet as we continue to watch the road, John driving.

—Stephanie Mendel

"I have to hang up now, or the boss will fire me."

What's a Dollar Worth?

Mrs. Judy Cumbest got a dollar bill in change in Lucedale, Mississippi, with the following stamped on it:

"Orlando, Florida. Has this $ traveled? You may be the key! Call [and here it gives a number]."

A call to that number gets you a Florida newspaper's newsroom. A recording tells you the whole thing is a hoax and the newspaper is in no way responsible for defacing a dollar bill.

Say! Whose idea was this!

—Rollin Moseley

Vacation Daze

There's a big lump on Mike, unidentified bite—
And Daddy's poor back is a mess.
Jan played for some time near a lovely green vine;
It was poison ivy, we guess.

Mama was wise to that sunburning jive.
Her tanning routine was the best.
But she's nervous and wan from nursing the gang
In need of a long, peaceful rest.
Today we limped home, our money all gone.
We're weary and sore to the touch.
In a quizzical vein, it's amazing we can
Enjoy such suffering so much.

—Louise Colln

In Mrs. God They Trust

The thoroughly modern young couple had gone to a lot of trouble to find a female minister to marry them. They wrote their own passionate vows of equality forever and commitment to a nontraditional marriage style.

We all wondered how the conservative physician father of the bride was taking all this, but he soon made his attitude clear.

"We have had here a number of activities and behaviors that are quite different from those we traditionally carry out in a wedding before God," he said when his turn to toast the newlyweds came up. "So, I hope you both find favor and contentment in Her eyes."

—José J. Llinas

The Obvious

Father (addressing his nine-year-old son): "What do you want to do when you grow up?"

Son: "I want to make money."

Father: "Yes, yes, but how are you going to make it?"

Son: "With a machine, of course."

—Leonard Snarch

Numbers Game

The school psychologist told the third-grade teacher she was not holding the interest of her pupils.

"I'll prove it to you when the children come in from recess," the psychologist said.

The youngsters straggled in at the sound of the bell. As they settled down, the psychologist asked for a number and a student gave him the number 36. The psychologist wrote it on the blackboard as 63. He called for another number and a different

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student suggested 81, which he wrote on the board as 18. After several other numbers were given and reversed by the psychologist, a tiny voice piped up: "Eighty-eight. See what you can do with that."

—Virginia Myers

Mr. Who?

Someone lives at our house,
I've never seen his face,
But I know without a doubt he's here;
He leaves clues around the place.

Muddy footprints on the rug,
Marks upon the wall;
When there are some cookies left
He's the one who eats them all!

He leaves the light on all the time,
Leaves papers on the floor;
Even spots the children's clothes
And forgets to shut the door.

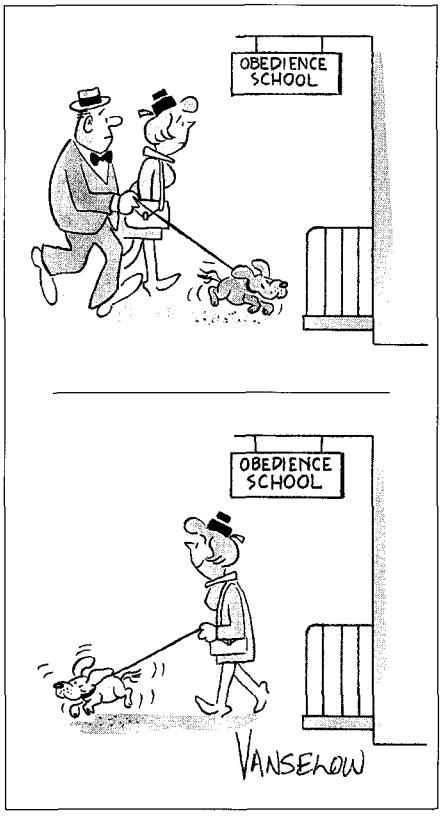
Who is this wicked spirit?
My family will agree
The one to blame for all these tricks
Is Mr. Nobody!

—Dawn W. Reuter

An Eye for an Eye

I'm giving my spouse diamond earrings
For his birthday present this year;
He was so thoughtful on *my* birthday
When he gave me the fishing gear!

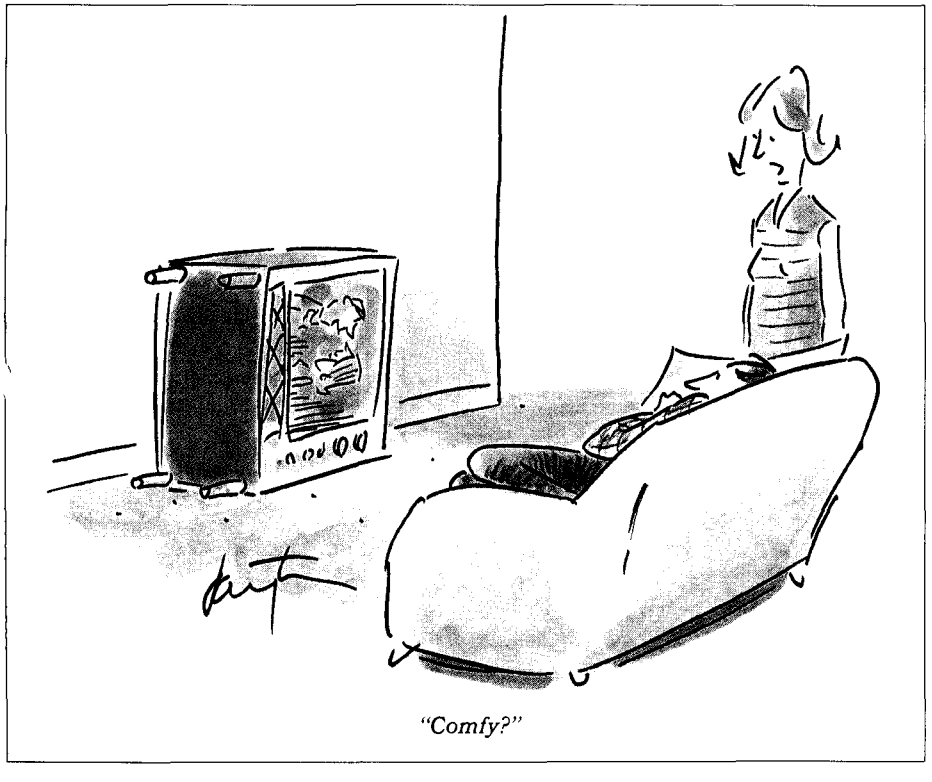
—Rosemary Perry



Bill of Rights

Little Johnny was sent home from school for violating the dress code by wearing a sleeveless shirt. He was heard to mutter: "How can they do that? Doesn't the Constitution give us the right to bare arms?"

—Mary Ann Hayhurst



"Comfy?"

Late Date

"Dear Abby," a befuddled young woman wrote, "I love my boyfriend dearly, but every time we go out on a date, he has a five o'clock shadow. What should I do?"

Abby advised, "Try being ready on time."

—Bert Lee Hudson

A Few Biting Remarks

At a board meeting at a school in the Deep South, an official got up to make a speech to his peers.

"It seems," he began, "there have been some false alligations made against me, and now I feel that I must address my alligators."

—Roma S. Romanowsky

Garden View (Reversed)

Blush for the do-it-yourselfer
Whose judgment was unsound:
He put the one-way window
In the bathroom, wrong-side-round.

—Virginia Brosier

On Again, Off Again

A schoolteacher struggled to help one of her little students put on his boots. After several minutes of strain and struggle, they finally got them on. The boy said, "It's hard to get them on because they're not mine." The teacher struggled, wearily, to take them off. Then the boy added, "The boots belong to my brother, but I wear them because mine are at the shoe shop."

—Laurie Baker

A Driven Man

A man and his wife were out driving. The wife, a backseat driver, advised her husband constantly. The car suddenly stopped in the middle of a railroad track. The wife shouted, "Here comes a train—hurry up and get the car over the track!"

The husband said, "I've got my end over—you get yours."

—Pearl Scully

Mid-Term Report on the 101st Congress

Congress gave itself a pay raise,
Approved in a trice.
They call it an ethics bill;
Isn't that nice.
'Tis true what they say—
Every man has his price.

—Sheila Finch-Tepper

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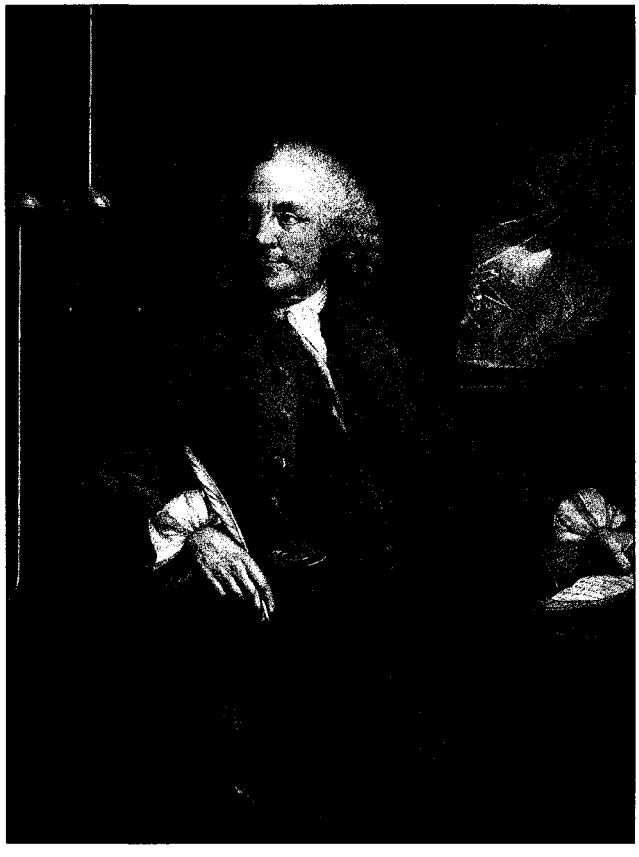
THE WISDOM OF BENJAMIN FRANKLIN

Statesman, scientist, writer, and philosopher, this most versatile of Americans never forgot his earthy origin. A famous historian's revealing portrait.

by Samuel Eliot Morison

In Part I, the historian Samuel Eliot Morison traced the remarkable life of Benjamin Franklin from his birth in 1706 to his departure for England in 1757 as a representative of the Pennsylvania Assembly. By that time Franklin had already distinguished himself as a universal genius as printer, philanthropist, philosopher, inventor, and man of science. Now he was to embark on a new career as a diplomat and revolutionary.



Franklin in his study at age 56. The portrait by Mason Chamberlain is considered an accurate likeness.

Franklin remained in England for 17 years, most of the time as agent for the assemblies of several colonies. He made a host of friends among scientists, men of letters, economists, and politicians; he promoted the scheme for a new Vandalia colony on the Ohio; he met Doctor Johnson as a member of a charitable society, The Associates of Doctor Bray, which set up schools for Negro children in colonial towns. He frequently contributed to the London newspapers articles, letters, and squibs supporting the rights of the colonists. The most humorous was called "Rules by which a Great Empire may be Reduced to a Small One," which he dedicated to one of the leading British ministers. At the same time, he wrote to his American friends begging them to moderate their demands, to respect law and order, because time was working for them.

This policy got him in wrong with the colonial radicals. He spoke different languages to his English and his American friends, precisely because he was trying to moderate the extreme demands of each side and to find a formula by which American liberty could be preserved within the British Empire. That, of course, exposed him to the charge of hypocrisy. His position as colonial agent became very shaky in 1773. Sam Adams attacked him, partly because he regarded Franklin as a wicked old man. Debby refused to cross the ocean, and so never came to London with Ben, who was reported to be leading the life of young Boswell; and in his writings he took an earthy, practical view of sex that outraged Puritanical sentiment. Curiously enough, it was Franklin's attitude toward sex that inspired the vicious attack on his reputation, in *Studies in Classic American Literature* (1923), by D. H. Lawrence, who, though far from a Puritan himself in sexual matters, seems to have expected everyone else to be one.

Franklin worked hard to prevent a breach with the mother country, but when it became clear that Parliament would not repeal the Coercive Acts, he realized that his mission had failed. In March 1775, he sailed from England for the last time as a subject of King George. The very day after his arrival in Philadelphia he was chosen by the Pennsylvania Assembly to be a delegate to the Continental Congress.

In Congress or out, Franklin was no great or original political thinker. In politics he was an opportunist, or pragmatist, to give opportunism its modern philosophical term. His one test of a constitution, or of a political arrangement, was "Will it work?" The British Empire before 1763 worked very well, so he wished to continue it, or restore it as it had been, rather than break off. Similar was his attitude toward religion. As a young man he had been a typical 18th-century deist, but he abandoned deism because "this doctrine might be true, but was not very useful." He observed that public morality was essential to good government and that organized Christianity was the best promoter of public morality, so he supported churches and even occasionally attended them.

Franklin placed a high value on conciliation and compromise in politics. He did not like the result of the Federal Convention of 1787, of which he was the oldest and most experienced member, because he disliked checks and balances, and he wanted

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no U.S. Senate. Yet such was his common sense and his respect for the opinions of others that he accepted and supported the Federal Constitution instead of standing out against it as did George Mason, Elbridge Gerry, and other members whose vanity had been wounded because their pet ideas had not been adopted. The famous speech Franklin delivered near the end of the convention expresses his attitude perfectly:

I confess that there are several parts of this Constitution which I do not at present approve, but I am not sure I shall never approve them; for having lived long, I have experienced many instances of being obliged, by better information or fuller consideration, to change opinions . . . which I once thought right, but found to be otherwise. . . .

Thus I consent, sir, to this Constitution because I expect no better, and because I am not sure that it is not the best. The opinions I have had of its errors I sacrifice to the public good; I have never whispered a syllable of them abroad; within these walls they were born, and here they shall die. If every one of us in returning to our constituents were to report the objections he has had to it, and endeavor to gain partisans in support of them, we might prevent its being generally received. . . .

Franklin may therefore be considered one of the founding fathers of American democracy, since no democratic government can last long without conciliation and compromise. And the mere knowledge that he was in favor of the Constitution did more to win acceptance from the common people of America than all the learned, close-reasoned articles in *The Federalist*, admirable as they are.

In diplomacy, too, Franklin was a genius. The sending of him to France to represent the Continental Congress was a masterstroke, for in France he already had a great reputation as a man of science, and as "Bonhomme Richard." The French government, of course, favored him because he represented American resistance to their hereditary enemy; all who were dreaming of liberty for France revered him as a signer of the Declaration of Independence. His book on electrical experiments, which had been translated, paraphrased, and published more than once, gave him high prestige among scientists and philosophers alike. An edition of *Oeuvres de M. Franclin* had appeared in 1773, and an enterprising Paris bookseller had translated his *The Way to Wealth* and a selection of his proverbs and witty sayings in the almanacs as *La Science de Bonhomme Richard*. This turned out to be even more important than his work on electricity in enhancing Franklin's reputation.

• • •

The simple yet witty moral teachings in these maxims made a tremendous appeal. Edition followed edition off the French press; it was even referred to as the "Bible of the Eighteenth Century," and a royal official advised the use of it in connection with the catechism. *Bonhomme Richard* proved that a scientist could be religious and creative, not merely a destructive critic of religion and a puller-down of ancient institutions, as most of the French men of science had been. The maxims were acceptable to the Church, and they made Franklin a favorite figure among the people at large. The ancient warfare between science and religion seemed to be ended. It was Franklin, more than any other person, who convinced the average Catholic bourgeois that natural science was not to be feared as impious and anti-Christian, but a good thing that would react in a beneficial way on human life.

Hitherto, little effort had been made to define the limits between science and religion. It was generally supposed to be immoral to assert a scientific cause for such phenomena as earthquakes, shooting stars, thunder, and lightning. Thus Franklin's proof of electricity's causing lightning became very significant. It had an impact comparable to that in our time of Einstein's theory of relativity. It took out of the field of religion something earlier classified as a mere act of God and included it in natural science. Yet nobody could deny that Franklin was a religious man, that he believed in God and called himself a Christian.

Franklin behaved in France with great sagacity. He did not mix with the people or drive through the streets waving his hat and soliciting cheers; he lived aloof in the Hôtel Valentinois

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at Passy and appeared seldom in public. The rumor that he was a Quaker seemed to be confirmed because he allowed himself to be presented to the king without a wig or elaborate court dress. That was just an accident—the wig did not come in time—but it was all to the good because Quakers were the only Christian sect favored by the philosophers. Franklin also used his membership in the Masonic fraternity to good effect; the Masonic Lodge of the Nine Sisters, which he joined in Paris, and of which he became grand master, helped to mobilize public opinion in favor of French intervention in the War of Independence.

One of the warmest tributes to Franklin's influence and standing in France came from the pen of John Paul Jones, whose naval efforts Franklin consistently supported, despite countless difficulties. Jones wrote to Robert Morris, "I know the great and good in this kingdom better, perhaps, than any other American who has appeared in Europe since the treaty of alliance, and if my testimony could add anything to Franklin's reputation I would witness the universal veneration and esteem with which his name inspires all ranks, not only at Versailles and all over this kingdom, but also in Spain and Holland. And I can add from the testimony of the first characters of other nations that with them envy is dumb when the name of Franklin is but mentioned."

John Adams, Franklin's colleague at Paris, has left an amusing account of the doctor's working day as a diplomat. Hardworking, conscientious John tried to get the doctor to do business, or at least to sign papers, before breakfast, but seldom with success. Franklin breakfasted late, and as soon as it was over, carriages began arriving at the Hôtel Valentinois with all sorts of people, "some philosophers, academicians and economists," some literary men; "but by far the greater part were women and children, come to have the pleasure of telling stories among their acquaintances about his simplicity, his bald head and scattering straight hairs." These visitors occupied all his time until the hour to dress for dinner, between one and two o'clock. He was invited to dine out almost every day and seldom declined. After dinner he sometimes attended the play, sometimes a session of the academy or a lodge meeting, but more often to visit a lady friend and take tea.

"Some of these ladies," Adams says, "I knew, as Madame Helvétius, Madame Brillon, Madame Chaumont, Madame Le Ray and others whom I never knew and never enquired for. After tea the evening was spent in hearing the ladies sing and play upon their pianofortes and other instrument of musick, and in various games as cards, chess, backgammon." Franklin, however, never played anything but chess or checkers. "In these agreeable and important occupations and amusements," Adams says, "the afternoon and evening was spent, and he came home at all hours from nine to twelve o'clock at night. This course of life contributed to his pleasure and I believe to his health and longevity."

To one of these ladies, Madame Helvétius, wealthy widow of a noted

continued on page 111

Franklin addresses the Lords Council of England in 1774. His attempts to avert a war failed.

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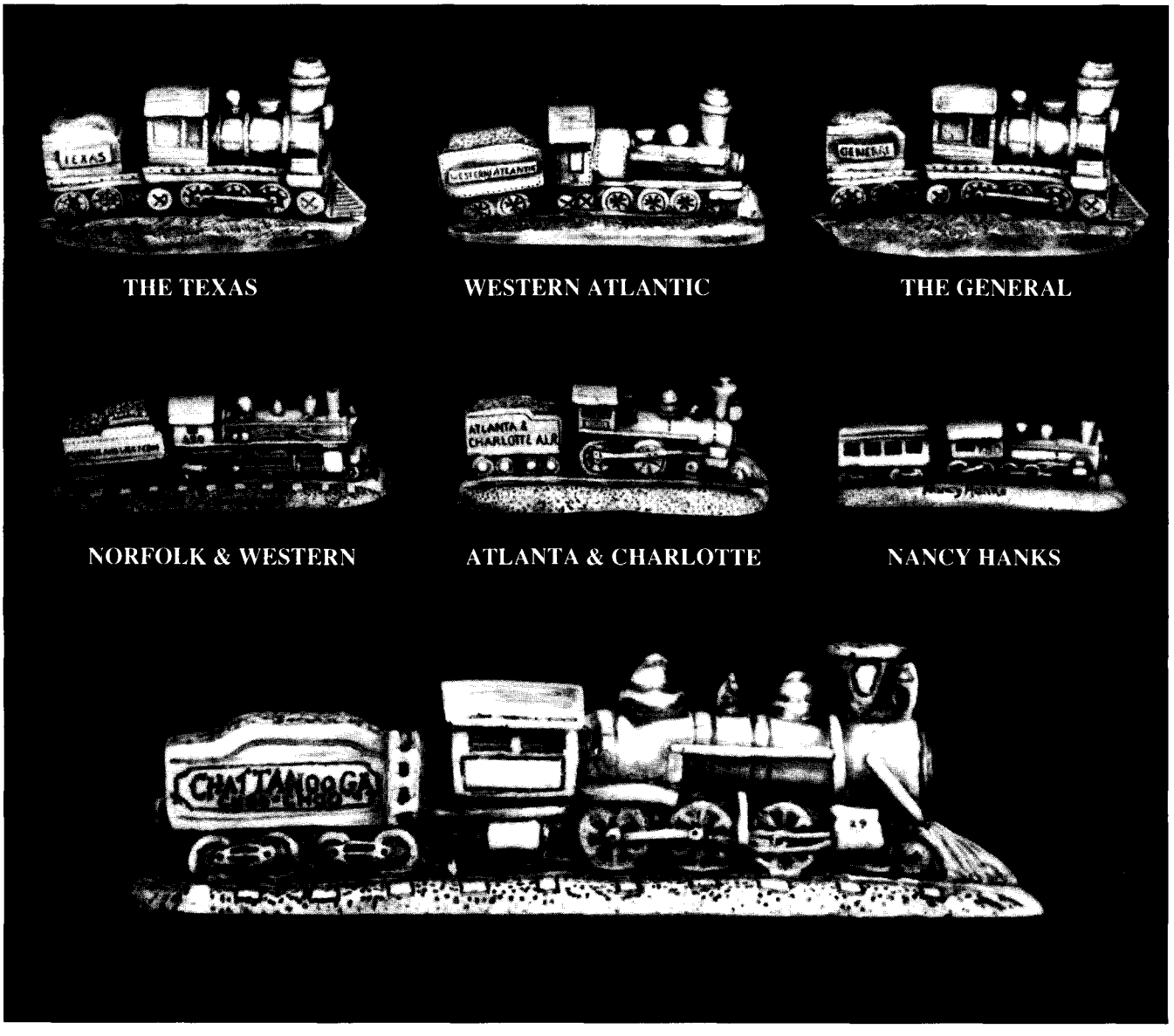

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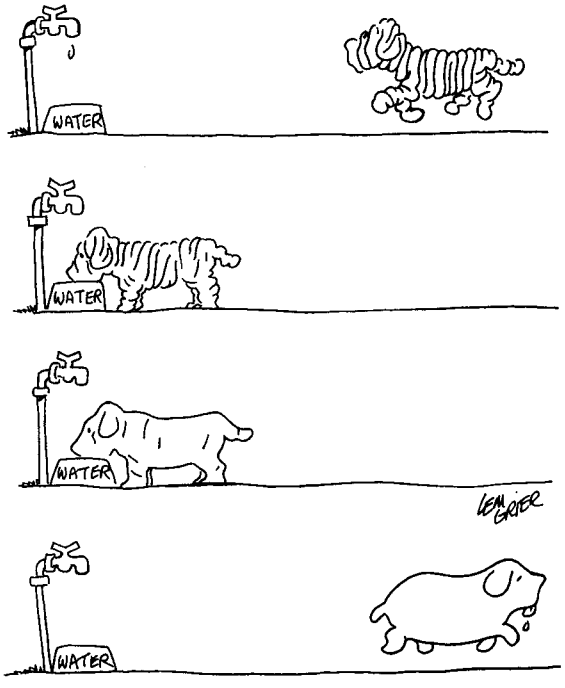

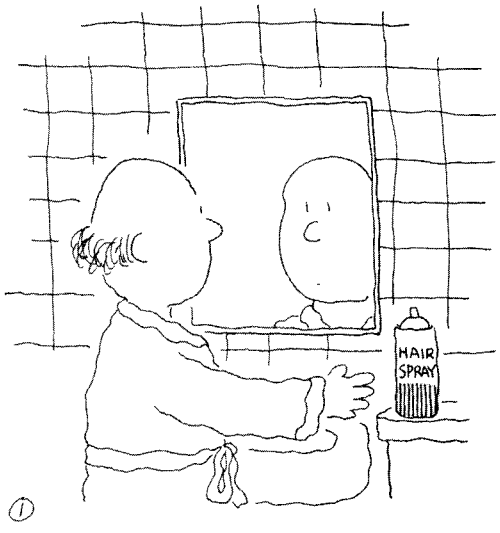

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LABOR'S ELIZABETH DOLE

From president of the third-grade bird club to secretary of labor is no mean step—but does the greatest leap still lie ahead?

by Diane Bartley

The Capitol looms majestically outside her window. From her mahogany desk she can gaze down the Capitol Mall all the way to the Washington Monument. Below, tourists swarm, trying to imagine the intrigues and high-level goings-on behind so many closed doors.

Yet for Elizabeth Hanford Dole, United States secretary of labor, this view from her spacious second-floor office is more comforting and reassuring than awe-inspiring. On a warm spring day, knowing exactly where to look, she can spot her husband chatting with visiting constituents on the Capitol's second-floor balcony. On a wintry evening, she can watch the light atop the Capitol dome signal the fact that yes, the Senate remains locked in session, despite the late hour. Bob, she knows, won't be going home anytime soon, so she might as well burn the midnight oil herself.

President George Bush announces the appointment of Elizabeth Hanford Dole as secretary of labor. It was a Christmas gift she'll always remember: the announcement came on December 24, 1988.

It could be called "Paradise Along the Potomac." Never has a cabinet member shared hearth and home with a U.S. senator, let alone the highest-ranking Republican senator in the nation. And never has there been a couple with so much political clout—or charisma.

At 66, Kansas Sen. Robert Dole, both foes and allies agree, is witty, straight-spoken, and secure in his senate seat despite three failed bids for higher office—in 1976 as Gerald Ford's vice-presidential running mate, and in 1980 and 1988 in attempts to win the presidential nomination.

At 53, Elizabeth Dole is, admirers echo, a charming Southern belle with the steely core of a feminist. And moving into her second year as secretary of labor, she is proving once again to be a woman of influence. Her 4½-year role as secretary of transportation under President Reagan (February 1983-October 1987), as well as a six-year tenure as a Federal Trade Commissioner (1973-1979), produced a seasoned politician whose name has been bandied about for posts ranging from Supreme Court justice to vice president to president.

There have, however, been fleeting moments in Elizabeth Dole's career when the power seemed to be waning. Feminists, for example, worried that she'd sold out when she resigned from her transportation cabinet post in October 1987 to help Senator Dole campaign for the presidency. Supporters feared she'd never regain her power.

They shouldn't have lost any sleep. Elizabeth Dole has always landed squarely on her feet. She laughs politely and with proper humility when asked if she was ever concerned about finding another job. Yet one gets the distinct impression that she's never really experienced job-hunting anxiety. At the Labor Department, she says, she has truly found her niche—"It's the People Department," she adds. She is extroverted, eager to speak before crowds but equally comfortable in one-on-one conversation. Work, she says in true political style, couldn't be going better; she ticks off goals and department agenda with impressive thoroughness.

Topping the list of Elizabeth Dole's priorities is the education and training of the nation's "at risk" youth—school dropouts; gang leaders; young people involved in drugs, alcohol, teenage pregnancy. The secretary notes that her department not only helps turn young lives around, but also provides much-needed workers for businesses facing labor shortages. She has recently announced a seven-point "Call to Quality" designed to address the crisis caused by the increase in required skills and a workforce unprepared for the jobs of today and tomorrow.

Health and safety ranks as the No. 1 concern of workers today. That is why she fought to increase the number of inspectors by more than 200—the first such increase in ten years—and is striving to increase safety in such high-risk areas as construction and manufacturing. She has cracked down on violators of the child labor laws, indicating that violations, whether motivated by greed or ignorance, will not be tolerated.

And because the department oversees the approximately $2 trillion in pension assets, secretary Dole has committed herself to vigorous enforcement

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of the pension laws and has increased enforcement personnel by one-third to root out fraud and abuse.

It was Elizabeth Dole's concern for people that prompted her to visit the coal fields of southwest Virginia where members of the United Mine Workers were striking the Pittston Coal Company. After seeing firsthand how the strike was tearing communities, families, apart, she appointed a "super mediator." And on December 31, 1989, Elizabeth Dole spent one of the happiest New Year's Eves of her life when the two parties shook hands at 10:00 p.m. to end the long and bitter dispute. The secretary has appointed a high-level commission to address the overriding issue in that strike and a pivotal issue in the 1990s—retiree health benefits and the enormous increase in healthcare costs.

But how, you might wonder, does this superwoman do it all—handle the pressure-packed job, nourish the high-profile marriage, salvage her health, and retain her sanity? Obviously, money and power don't necessarily spell marital success, as innumerable wounded hearts—including Ivana and Donald Trump—can attest. Who, or what, makes the Dole marriage march on in apparent bliss after 15 years on the ultimate fast track?

Take it from a reformed workaholic, Elizabeth Dole says: the secret lies in forsaking a bit of perfectionism in your work for a balanced life. "A career can be so demanding that, if you let it, it can sort of take over your life," she says, leaning forward to emphasize the point. "It's important to do your best, but I think there's a need for balance. That means time—a lot of time—for family and friends, being involved in things you think are worthwhile and important outside the job."

It's this stepping back, this "taking time to smell the roses" philosophy, that doesn't come easily for Elizabeth Dole. It's a particularly difficult lesson for someone who spent her girlhood perfecting the art of perfection.

To this day, there's more than a trace of the Old South in Mary Elizabeth Hanford Dole, born and reared in the small town of Salisbury, North Carolina, midway between Greensboro and Charlotte, "still the kind of place where people tip their hat in welcome and conversations start with a friendly 'Hey.' " Dressed impeccably, Elizabeth Dole—the name Mary never stuck—can't help playing the charming hostess, even during an interview.

"How about trying a piece of this candy?" she asks, settling into a soft office armchair and holding out a tin of tempting North Carolina sweets. "My mother sent these up, and they're delicious." Her voice is smooth and gentle, filled with dangling endings and unsounded consonants; her conversation is sprinkled with girlish laughter. In person, she looks much smaller than she does on television or in newspaper photographs, almost petite. Aides say that's because she *is* smaller, having lost extra pounds put on during the fried-chicken campaign circuit.

Liddy—Elizabeth was a mouthful for a toddler to pronounce—grew up in classic Southern style as the only daughter of John Van Hanford, a wealthy wholesaler. In Dole's 1988

On January 1, 1990, after months of stalemate, the Pittston coal strike was finally over. Negotiators applauded the skillful intervention of Secretary Dole, who remembers, "It had to be the most joyous New Year's Eve I've ever experienced."

A self-described "people person," Dole insisted on speaking to each "at risk" student at the Career Academy of the Fort Wayne, Indiana, community school system. "She told them why they should stay in school," a staff member says. "She was great."

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autobiography, written with Senator Dole and titled *The Doles: Unlimited Partners,* she reminisces about a nurse, Mrs. Snowdie Bean; a grand family home with a formal spiral staircase; and a magnolia-shaded yard.

Her brother, John Van, Jr., was 13 years older, and his baby sister was evidently the doted-upon delight of her parents. To this day, she calls her mother, 89-year-old Mary Cathey Hanford, her best friend; she telephones home daily, and she even installed a second phone line so the secretary of labor could reach Mother in Salisbury without getting a constant busy signal. "Mother does like to visit on the phone," she explains.

Little Liddy gave her parents ample opportunities to dote. She excelled in school—both academically and socially. In her book, Dole writes of sterling straight A grades and prize-winning essays, as well as a silver loving cup from the United Daughters of the Confederacy for a high-school literary contest. Her first political aspirations came early: she was elected president of the third-grade bird club. Later, she confesses, she "resorted to less democratic methods" and simply declared herself president of a junior high school book club.

Elizabeth Dole twice visited Poland in 1989, here accompanied by Robert Mosbacher and Clayton Yeutter, U.S. secretaries of commerce and agriculture. After hearing Dole's report, Congress authorized her to solicit and receive gifts for Poland.

Last August, the Doles delivered medical supplies from Project Hope to victims of the Armenian earthquake. Ever since she can remember, Elizabeth Dole has wanted to be involved in public service. "You want to help; you want to be a part of it," she says.

When it came time for college, she applied to only one school, Duke, "for the simple reason that my brother, who I still have on a pedestal, had gone there." Her first letter home created quite a stir in the Hanford household: Liddy announced she was thinking of majoring in political science, adding, "I think it would be fascinating to learn about American government, history in the making."

Her mother, who secretly wanted her daughter to study home economics and return to Salisbury, preferably moving in right next-door, was naturally concerned; she asked a friend, a professor at the University of North Carolina, for advice. The professor counseled that Elizabeth be allowed to continue her political pursuits. "We all need women in government," he said, "and anyway, they all get married eventually."

But for Elizabeth, marriage was never a priority. She was pretty and popular, a member of Delta Delta Delta sorority and Duke's May Queen of 1958. But politics was her first love. She served as student government president for Duke's Women's College, went on to receive her master's in government and education at Harvard, and then tacked on a law degree from Harvard, class of 1965, for good measure. In between, she managed to land enterprising summer work on Capitol Hill—as a North Carolina senator's aide—and with the United Nations in New York, first as a tour guide and then in the general secretariat's office.

Given this penchant for hard work, it should come as no surprise that Elizabeth Dole never really met her match until the age of 36. It was then, in the spring of 1972, that Virginia Knauer, her boss and mentor on the President's consumer interests committee, found an excuse to play matchmaker between two attractive and equally ambitious Republicans. Knauer invited her deputy to join her in making a pitch to Sen. Robert Dole, then

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also serving as Republican party chairman, to have a consumer plank in the Republican platform.

When they first met that spring, Senator Dole was newly divorced; his first marriage had ended after 24 years, and the tall, dark junior senator from Kansas suddenly found himself in the enviable position of being Washington's most eligible bachelor. Elizabeth Dole remembers walking into his office and immediately thinking, "Gosh, he's an attractive man."

"He says he wrote my name on the back of his blotter," she says, smiling. "I'll never know if that was true or not." The senator, she says, didn't keep the evidence, and several months passed before he followed up with a telephone call.

But that first call led to another, and then another. "We had so many mutual interests and friends, it was amazing how much we had in common," she says. "I remember long conversations before we actually went out together—45-minute conversations on the phone. There was just so much to talk about."

Today, the Doles' hectic and high-powered lives leave far less time for those long heart-to-hearts. Sunday has, instead, become their one day of rest, and they guard that time zealously, squeezing in church, family, and friends. Senator Dole's daughter, Robin, 35, works as director of government relations for Century 21 in Washington; one of Secretary Dole's two nephews also lives in town and works in Sen. Richard Lugar's office. Often one or the other joins the Doles for Sunday brunch. It is a close family, Elizabeth Dole says, and she cites Robin, John, and Jody as ample substitutes for the children she never had.

Sundays, however, always begin with church—a routine that dates back to Salisbury, where Sunday was reserved for a hearty helping of her grandmother Cathey's Bible stories. But somewhere along the road to Washington, Elizabeth Dole says, the "Holy Grail of public service became very nearly all-consuming."

"Gradually, over a period of years," she says, "I realized that though I was blessed with a beautiful marriage and a challenging career, my life was close to spiritual starvation."

Luckily, she says, she found a wonderful church home at Washington's Foundry Methodist Church, and her pastor there encouraged her to join a weekly spiritual-growth group. Elizabeth Dole now says that at those sessions she came "face to face with a compulsion to do things right, and the companion drive to constantly please." In recognizing her problems, she says, she began to set them right.

Thus the Doles' new—"very new"—rule about not bringing work home during the week. "I try not to just have home be a continuation of the office, bringing out all the papers and so on," she says, adding that Senator Dole shares that goal. "There's no firm rule, but it's a part of backing off from the perfectionist or workaholic tendencies and trying to have more balance."

In the newly balanced Dole lifestyle, there's even time for exercise, once a rare commodity in the couple's busy day. The Doles have set up a

"I was so inspired by these strong, courageous people," Dole said after meeting with the Polish labor leader Lech Walesa and Poland's new president, Nzotyetski. She vowed to help the Polish fight for democracy in whatever way possible.

Tim Bishop/The Times

In a visit to London last fall, Elizabeth Dole delivered the keynote address to the Club of Four Hundred, a group of women involved in British politics, and followed up with a one-on-one meeting with British Prime Minister Margaret Thatcher.

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treadmill—in front of the television, so they can watch the news while they exercise—and now take turns walking in place, aiming at 30 minutes a night.

If huffing and puffing on a treadmill sounds less than glamorous, consider a few more details of the Doles' fairy tale life along the Potomac. Elegant candlelit dinners in Washington's finest restaurants? Hardly. The two rarely have time to dine together during the week, and when they do, frozen dinners often make a quick meal. In fact, Elizabeth Dole isn't ashamed to sing the praises of a particular brand of low-cholesterol, low-fat frozen dinner the senator recently discovered at the supermarket.

And as for their home, it's certainly no sprawling $2 million mansion. Instead, the Doles still live in the senator's two-bedroom apartment from his bachelor days at the Watergate apartment complex. It's a prestigious address, just steps from the Kennedy Center and only 12 minutes from Capitol Hill, but a little too cramped for comfort. They meant to shop for a new place when they married 15 years ago, but "everything's been moving so fast ever since," Elizabeth Dole says.

They make do with one bedroom—the second they've converted into a den—and a living-dining room combination that leaves little space to entertain at home. The décor is top-notch, though: the senator, it seems, discovered a hidden talent in decorating and selected new carpeting, wallpaper, and upholstery to surprise his wife while she was out of town on business.

"It's very comfortable," Elizabeth Dole says, evidently fearful she may momentarily have sounded like a complainer. "And the dog—a miniature schnauzer named Leader—fits in fine."

When you get right down to it, the Doles' continuing real-life episode of "Loveboat Along the Potomac" looks very much like any two-career marriage anywhere. Instead of flitting from party to party, the couple prefers to unwind at home, often renting a movie or listening to music. They both like Humphrey Bogart films, she says, and they share similar tastes—"although Bob enjoys westerns," of which she's not so fond, and the senator "enjoys comedy a little more" than she does. Their favorite social event is an annual Big Chill-style Florida getaway with such old friends as Helen and Bob Strauss, the David Brinkleys, and Howard and Joy Baker.

But there remains one small detail that most definitely would upset the delicate balance of the Doles' finely tuned lives. No interview with Elizabeth Dole can be considered complete without asking the obvious. Does this "people person," so familiar with the campaign trail and so skilled at public appearances, yearn for her own chance at the Oval Office?

"No plans," Dole says matter-of-factly. "I have no plans to run."

But would she say no to a presidential bid? "I think you have to initiate it yourself," she says. "And I don't really have any plans to do that."

Spoken like a savvy Washington insider whose view is of the Capitol, but whose sights just may be set on the Executive Mansion at the other end of Pennsylvania Avenue. Perhaps as the first lady, or perhaps. . . .

It was a "capitol" wedding for Federal Trade Commissioner Mary Elizabeth Hanford and Kansas Sen. Robert Dole in December 1975. Their "I dos" were said at Washington Cathedral. The best man was Robert Ellsworth, assistant secretary of defense.

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Foolish Old Man

"Just old," his son-in-law said, the day he started for the irrigation ditch with a fishing rod. "Nutty," said the townspeople. And not one of them ever learned the truth.

By ARTHUR STRAWN

Old Fred Harmon had been living with his daughter's family for six months now, and Kate had certainly found enough for him to do around the place to keep him busy. His daughter was one of those women with an excess of energy that gives them a deep aversion to seeing anyone idle. This, coupled with her notion that if she kept Dad occupied he wouldn't find time to brood, led her into a kind of benevolent tyranny over him. When there wasn't something for him to do, she invented it. The chickens had to be fed, or the leaves raked, or the lawn watered. Or would he mind reading a story to the children, or taking them for a walk?

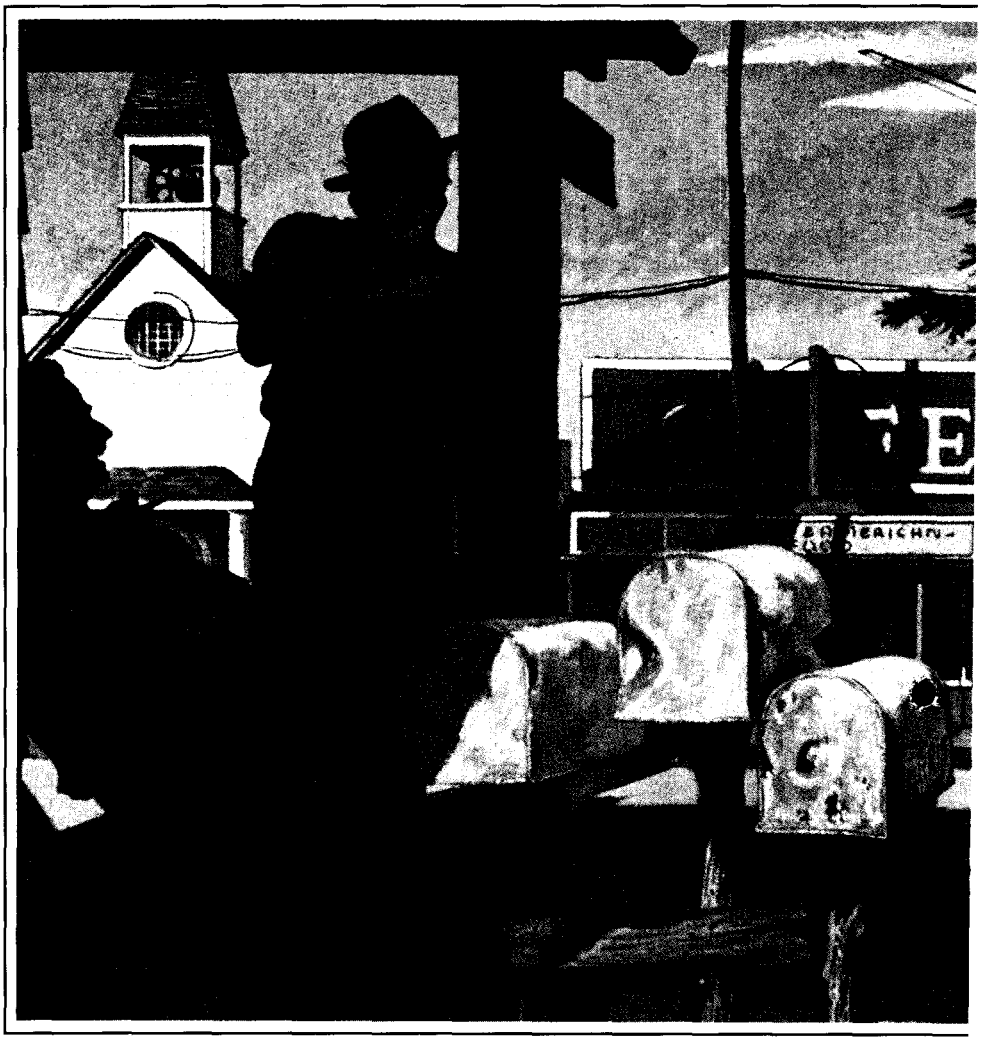
Up to a point, he was grateful for these little chores; they helped integrate him into the household. But there was one thing Kate didn't understand—how *could* she, in the midst of her vigorous and brimming life?—and that was that a man can reach a time of life when he wants to do nothing so much as to sit and think. Then he needs to look back on the tangle of events that have comprised his life in an effort to understand them, in the same way an old general, long after an important battle, sits down to study the maps and orders and counterorders, to find in the confusion of details the clear pattern of events.

There were times when Kate's voice, calling him from some reverie, as he sat sunning himself in a chair on the porch, to lend a hand with the children or with the preserve jars, or asking him to fetch something, made him swear softly to himself, and wonder if perhaps he wouldn't have done better to remain alone in the big house in Seattle after his wife died. There at least a man might have all the time he wanted to himself, to sit and think to his heart's content.

One afternoon when Kate had been particularly demanding, he felt he simply had to get away from the house. "Going for a walk," he mumbled as he crossed the kitchen. Without pausing to hear her answer, he closed the door and stepped off the service porch.

ILLUSTRATED BY J. GRAHAM KAYE

He walked briskly, eager to leave the little bungalow far behind; then he slowed down as he turned into the small road that branched from the main paved highway toward the distant Chatsworth Hills. A slight figure of a man, his gray hair uncovered, his hands deep in the pockets of his faded plaid mackinaw, he ambled along the broken and crumbling edge of the



He found himself occasionally annoyed at this gentle ridicule,

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road, past orchards and small ranches, with their patches of lawn and garden isolated in the arid, semidesert wastes around them, like little fortresses armed with water, holding out against the great silent hosts of sun and sand and drought.

He found a path leading vaguely from the road toward a distant clump of eucalyptus trees. He hesitated for a moment, turned off, and followed it, not so much walking toward the distant trees as letting the little trail take him there if that was its aim.

Under the trees, to his surprise, he came upon an irrigation ditch which at that point had widened into a small pool. It was no more than 15 feet in width, with an almost imperceptible current moving its slate-gray waters. But it was water, and a moving stream, and to this old man who had spent his life in the north country, black and silver with pines and lakes and rivers, it had an immediate and warming appeal. Best of all, it was secluded. Here was a place he could come to when Kate's gentle bullying became too insistent or her youngsters' clamoring intruded too stridently upon the slow deep thoughts of a man who has much to reflect upon and wants time and quiet for it.

Of course, for a woman like Kate, he would need some excuse to account for his time away from home. He found the obvious solution as he walked back toward the house. He would simply tell her he had found a place to go fishing.

When he made the announcement that night at dinner, his son-in-law looked at him incredulously.

"There aren't any fish there," Jim said. "That's just an old irrigation ditch. It runs dry half the summer."

The old man knew that Jim was right, but pretended to be surprised. "You don't say!" he exclaimed, trying to appear concerned. "Well, I'll give it a try, anyway. Can't always tell till you do."

Next day he went out to the garage and dug an old fishing rod out of the trunk he had stored there. It gave him a kind of pang to remember that the last time he had used it was almost eight years back, sitting in a boat on Pinel Lake. That was the last time he and Mary had gone fishing. . . .

He stopped off at the hardware store next to the garage at the end of town and bought a fishing license and a small jar of salmon eggs for bait. He smiled at the elaborate make-believe, but thought it better to be on the safe side, just in case Jim or Kate got curious about details.

"Where you planning on fishing?" the hardware dealer asked. "Driving down to the lake?"

The old man shook his head.

"There's a little stream that flows near the hills over there. Thought I'd give it a try."

"Toward Chatsworth?" the dealer asked. He looked surprised. "Why, friend, you won't have any luck there. That's just an irrigation ditch. No fish in that."

Fred almost snorted with disgust. As if he didn't know an irrigation ditch when he saw one! But he felt obliged to show some appreciation of the man's interest, and aloud he said, "You don't say! Where does that water come from?"

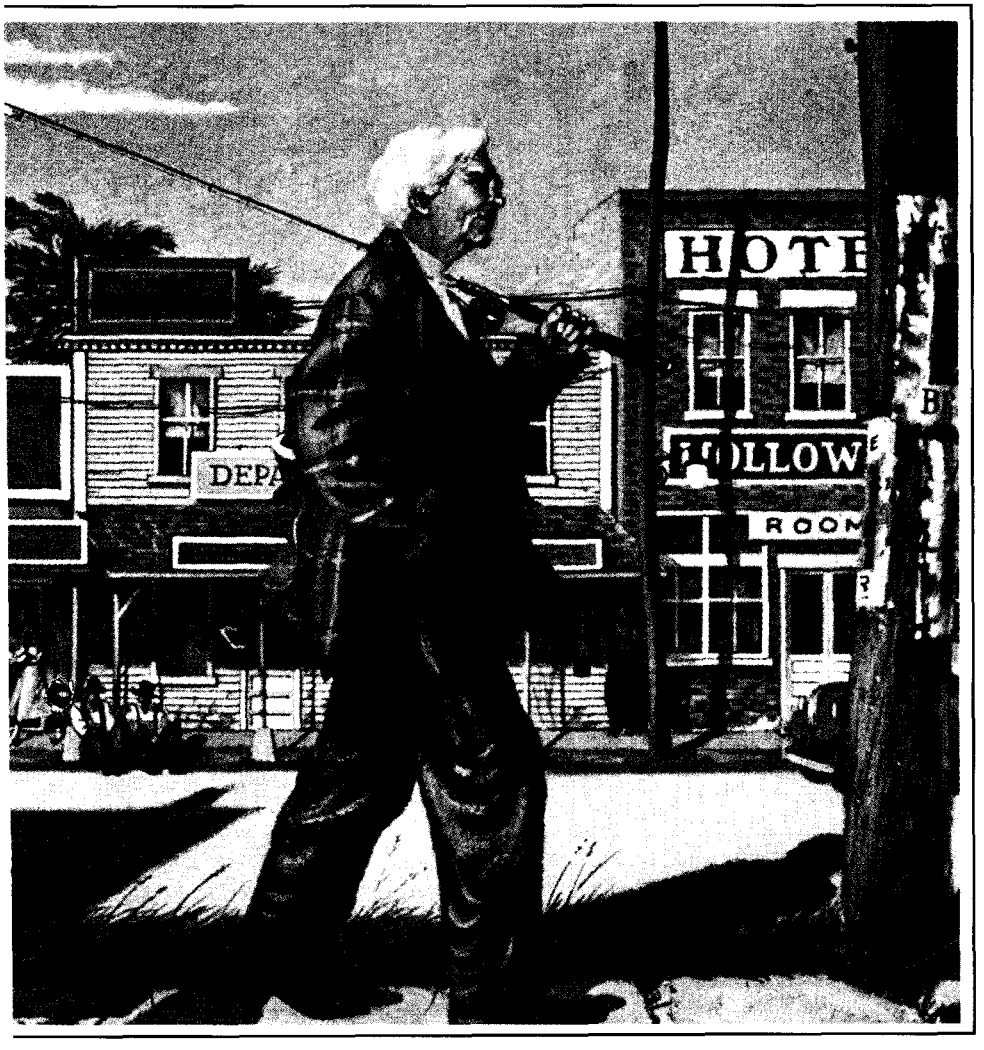
"A dam in the hills near San Ritas. Fish couldn't live in it—runs dry months at a time. I take it you're a stranger around here?"

Fred nodded. "Moved down from Seattle last fall."

The man beamed approvingly. "Ah, that's real fishing country. You won't find anything like that around here. But if you want my advice, don't waste your time fooling around there. Drive down to Lake Henshaw; it's only about three hours. Friend of mine got a five-pounder on a plug last summer. Bass."

Fred thanked him, mumbled something about maybe trying the lake sometime, and left the store, feeling a little guilty for having evoked all this well-meant advice under false pretenses. But, darn it, didn't people know that a man could go fishing without caring whether he caught a fish or not?

He made his way to the pool, and smiled to find it as deserted and secluded as he had left it. For a moment he was tempted not to bother with rigging up his rod and line, but finally he decided he'd better play the role out properly. He fixed up his gear, put a



but never for a moment did it lead him to consider giving up those trips.

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salmon egg on the hook, and tossed it into the water. He found a comfortable place where he could sit with his back against a tree, set the rod down on the ground beside him, and relaxed.

During the months that followed, he came to this spot frequently, sometimes as often as two or three times a week. To the practical Kate, so frugal of time and effort, this was an abomination and a waste, particularly because it never resulted in fish on the table. Furthermore, it was a real inconvenience, because she now had to find out first whether Dad was going fishing before she could plan an afternoon away from the house.

"At least if he'd ever bring fish home!" she complained to Jim one night when they were discussing the old man's foible in the privacy of their bedroom. "You'd think he'd be bored to death!"

"Well, he's getting kind of old," Jim said tolerantly.

Toward the old man, who sometimes came home after Jim had got in from work, the son-in-law's manner was indulgent as he'd ask, "Any luck today?" Too indulgent, for the tone was almost the same he used toward his little boy, and the implication did not escape Fred.

Still, he didn't let it bother him too much. He knew there were others probably thinking the same thing. For he was now a familiar figure along the route he traveled between the house and the irrigation ditch. The fact that he no longer bothered to dismantle his rod, but carried it to and from the pool ready for use, identified his mission to all who saw him.

The men at the garage would grin good-naturedly when he passed and call out, "Don't let 'em whip you today, pop!" Or, if he were returning empty-handed as usual, one might say, "Skunked again? You come to Lake Henshaw with us sometime, pop. We'll show you how to catch some real fish!" And after he had gone on his way, he'd sometimes hear a peal of laughter, no doubt from some witticism at his expense.

He would have been less than human not to find himself occasionally annoyed at this gentle ridicule, but never for a moment did it lead him to consider giving up those trips. His visits to this quiet retreat under the eucalyptus trees were now providing him with the most satisfying hours of his life. Sometimes he would bring a magazine or newspaper along to read. Or he would sit, gazing at the sky or the waters or the distant hills, almost motionless, as if he had become a part of the earth and tree against which he rested. And so it must have seemed to the chipmunks that scampered within reach of his hand; and to the quail stiffly marching a few feet away; and to the rabbits that occasionally hopped out of the brush, eyed him quizzically, and imperturbably hopped away.

Once in a while lads on bicycles would ride down the path and pause to watch him. But there was really nothing to watch, and they would soon leave, though occasionally one would venture to inform him that there were no fish there because it was only an old irrigation ditch. And sometimes as they rode away, awed and baffled at his persistence in this fruitless pursuit, he would overhear their judgment of him: "He must be nuts."

But these were only surface disturbances that never entered the intimate personal world his memories were recreating about him. Here by the pool he recalled the early days of his marriage, and the gruffness he had affected to conceal his shyness and timidity. Later, he and Mary had laughed over it together. And he remembered that they had been happy, but frightened, when they first learned that Kate was on her way. And that black evening when Kate was a little toddler and the boy was only a few months old, how he had come home later than usual, hating to tell Mary that he had been laid off. And after the first cloud had passed over her face, the way she smiled and said, with exaggerated indifference, "You'll get another job. We won't have any trouble managing." The table was already set, but he saw her go into the kitchen, put on a brighter cloth, and replace the sugar bowl and cream pitcher with the ones with the flower design, which she ordinarily used only for company. What a wonderful woman she had been!

Oddly enough, he discovered, to his surprise, that the hardest thing was for him to remember exactly what she had looked like. He could remember many of the clothes she had worn, and particularly a pair of bedraggled bedroom slippers that time and again he had threatened to throw out, which she continued to wear even after he'd bought her new ones. But to remember her features, the exact tilt of the nose, the curve of the lips—this he found amazingly hard. He could remember her laugh, and the quiet way she had cried during those terrible days after they had lost Jackie, and he knew that her eyes were blue, and the funny little gesture she made with the back of her hand to brush back an unruly wisp of hair, and how her nostrils would tremble when she was angry, and the detached way she would repeat a string of cuss words right after him, so that he'd feel a little foolish and chagrined, and be inclined to laugh at himself and forget his anger. But the details of her face, to grasp them and hold them clearly in his mind, this was something he could never quite achieve.

It was a challenge he could never resist trying to meet. Nor did he realize that he never could, for the simple reason that this woman whom he had

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loved in the course of 40 years had not been merely a physical entity, but a personality, colored by thousands of intimate associations, and if someone had suddenly asked him to describe his wife, he would have automatically started to enumerate her qualities, not her appearance. After all, the face was different at 20 from what it had become at 40 and at 60.

But his defeat here was far from painful; his attempts always led to the recollection of some event they had shared, which had lain stored away and forgotten in some cavern of his mind, and now, like some beautifully illuminated old manuscript, was brought out and dusted off, and the beauty of its pages again perused with new wonder and delight. In this fashion the afternoons under the eucalyptus trees brought back to him the full rich fabric of his life, the humble life of a man who had earned his bread with his hands, who had been blessed with a good woman to share it, and whose waning days found him blessed again with its tender and living recollection. Now the old man found deep contentment beside the slow-moving waters of the irrigation ditch, which like himself had left the peaks and turbulent boulder-strewn days far, far behind.

Early one May afternoon, when the blossoms of the peach and apricot trees had turned to small green fruit, and the early California summer filled the air with drowsy balm, Fred Harmon was sitting against the big eucalyptus, half-awake in his dream world, when he felt the handle of the rod on the ground beside him strike his leg sharply. Instantly alert, he saw the rod being fitfully jerked toward the water. He grabbed it, and the reel began to click rapidly as line was pulled from it. Something behaving surprisingly like a fish was pulling at the other end. A moment later, not 30 feet away, a large and silvery trout at least two pounds in size burst from the water and leaped high in an effort to shake itself free!

"I've got one! I've got one!" he heard himself scream. His heart pounding and his mind almost dazed by astonishment, he began to play the fish with the automatic skill of the veteran angler.

Now he took in slack as the fish raced toward him. Then it settled down to a brief tug of war before it took off again, this time downstream, where again it broke water. Slowly it began to yield to the pressure of the line. In a sudden panic the old man wondered if the battered leader would hold, and he cursed himself for never having bothered to change it. But the leader held, and the fish, finally played out and on its side, was led to a shallow little shelf of gravel to be beached. The old man stood for a moment looking at it, a flood of exultation and triumph sweeping over him. It was a beautiful trout, its rainbow stripes brilliantly stenciled on the silver scales, and it was even larger than he had first supposed.

"Of course, it's a little more expensive if you want to ride inside *the plane."*

Now what would Kate say when he walked in and laid his catch before her? He could almost hear Jim's astonished "Well, I'll be darned!" A little touched in the head he was, eh, spending his time fishing in an old irrigation ditch? A daft old man, eh? And the boys at the garage! He could hear one calling to the other, "Hey, come here, Joe! Take a look at this!" Their expressions would be something to watch. And that hardware dealer next door!

His walk home that evening would be a triumph, for he would be carrying the fish and no one could miss seeing it, and it was indeed a trout any fisherman might well be proud of. All the little ridicules and derisions he had so long endured would now be paid off with interest, and the sweetness of the thought was like honey in his mouth. For he was an old man, and human, and no one likes to be taken for a fool.

With the taut leader exerting pressure, the fish still lay helpless and exhausted. As the old man stooped to pick it up, a thought suddenly arrested his outstretched hand. True, he was about to enjoy a vast satisfaction, one that he had never for a moment dared hope for. But after that, what? Word would soon get around. News that a big trout had been caught in the irrigation ditch would promptly be assumed to mean that there were others there like it. The very ones who had scoffed at him would be the first to try their luck there. The garageman and his helper, who often went fishing, would certainly visit his pool. All the lads and urchins who disdainfully speeded by on their bicycles would now descend on the place, pole in hand. What had been a haven of retreat, endeared by the memories he had evoked in its solitude, would now resound to the tramp of many feet and the cry of voices. No, he reflected, shaking his head slowly. His moment of sweet triumph would not be worth that price.

He reached down to the water and, without touching the trout, grasped the leader at the eye of the hook and with a deft twist of his fingers removed it. He watched as the fish, still unaware of its regained freedom, floated ever so slowly with the lazy current. No longer under restraint, it finally righted itself, made a tentative brush stroke with its tail, then moved off, disappearing into the depths. For a moment the old man looked wistfully at the dark waters. Then, with a quiet smile, he reeled in the line and made ready to start for home.

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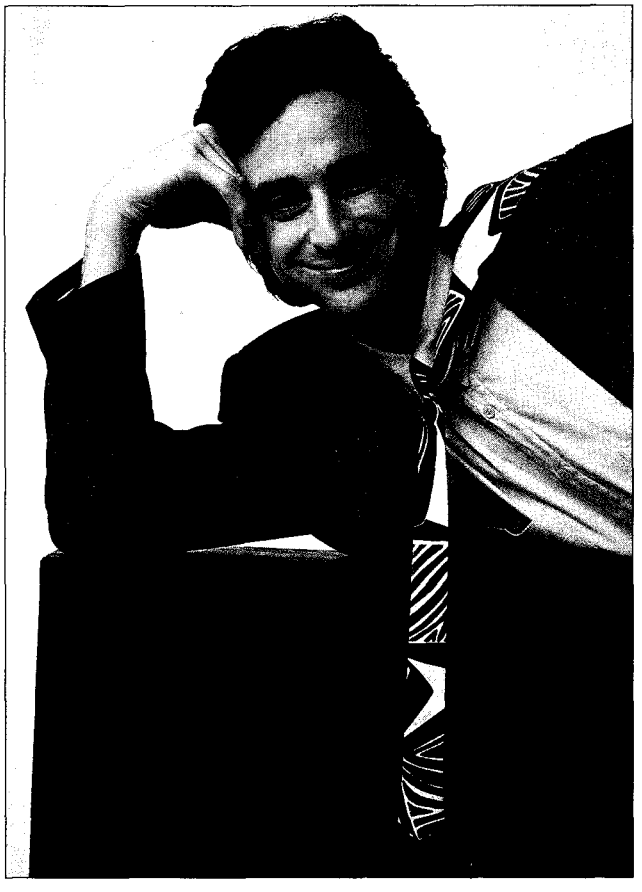
MAKING A HIT WITH "HOME VIDEOS"

Bob Saget, the host of the wildly popular show "America's Funniest Home Videos," is doing his best to keep success in focus.

by Glenn Esterly



Bob Saget has spent Saturday, his one day off now, celebrating the third birthday of his oldest daughter, Aubrey Michelle. "It was great," he says. "I made a video. My daughter decided she wanted to serve lox at her party. Believe it or not, the place was full of tiny kids eating lox. Very nice lox—the salmon were running lovely today."

Now Aubrey Michelle is asleep on her bed in Saget's Los Angeles home. "Out cold," he says. "She's so good when she's like this." Saget is sitting next to her, exhausted himself. "I'm usually so hyper that I have to jog or go to the gym to get a good night's sleep. Lately, though, I hit the bed and pass right out."

Even with energy flagging, as soon as the comedian-comic actor starts talking about hosting "America's Funniest Home Videos," adrenaline begins to flow and he perks right up. After all, just the past Sunday, "Home Videos" had vaulted to No. 7 in the Nielsens. Saget now has two shows in the top 20—as Danny Tanner, the father on "Full House," he has already been on a hit for the better part of three seasons. Other TV performers obviously have had more than one show on simultaneously, but it's exceedingly rare to have both pull in big numbers.

"Home Videos," which debuted in January, even beat its venerable competition, "Murder, She Wrote." So how does it feel to mug Angela Lansbury in the ratings? "I had no clue that we would do that," Saget says. "I couldn't believe it. And these things build. You know, you get between 35, 36 million people watching and talking about the show, then another 2, 3 million tune in to see what all the talk is about, and it keeps mushrooming. Mind-boggling, isn't it? [The show subsequently went to No. 5 in the ratings, then jumped to over 43 million viewers and up to No. 1.]

"David Letterman the other night commented on the show: 'ABC's got this breakaway hit—I'm just wondering what CBS and NBC are going to call their ripoff versions.' "

Saget and the producers figure that the motives of people submitting their homemade tapes of children, spouses, and pets in various humorous predicaments are about equally divided between those who want a shot at the $10,000 prize for best clip of the week and those who simply would love to see themselves on television. For Saget, who grew up shooting film and then became a stand-up, the hosting-writing duties on the show seem a perfectly logical outcome. "I was shooting with a Super 8 from [age] 9 on," he says. "By the time I was 15, 16, I hit my stride with an hour-long film called *Beach Blanket Blintzes.* A 50-foot blintz turned people into sour cream, and it got on top of the Empire State Building. It was *powerful.*

"What I learned was that you can bore people with terrible stuff and they'll stay there and watch as long as their kids are in it. I did one where the neighborhood kids played volleyball *forever,* but the parents watched and watched because they got to see their kid. I predict volleyball will be the next wave in films."

Saget was doing shtick as soon as he could talk. He recalls at age five, in kindergarten, "girls kissing me because I made them laugh. I think of it as a comedy life. I went through a dry spell and lost my sense of humor in the seventh and eighth grades, but aside from that it's been constant."

Still, up to age 16, Saget thought he'd pursue a medical career, even though his grades left much to be desired, he says: "My family moved to Encino [California] for a few years, and I regressed in English. This will happen in California. So I went back to Philadelphia for my last year of high school, and a wonderful woman, the honors teacher, Elaine Zimmerman, consented to take me under her wing. She liked me for some reason. So she had me read *Moby Dick,* and I said, 'This is garbage—I'm overdosed

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on symbolism.' She liked me more for saying that. So then she gave me Steinbeck, who I responded to, and she realized I wasn't an idiot; I was just bored by certain kinds of books."

The teacher eventually advised Saget to forget a career in medicine and instead go where his passion was, filmmaking. In fact, by the time he was finishing film school at Temple University, he appeared headed for a serious career in filmmaking after a serious documentary short of his won a "Student Academy Award." At that point, Saget even had an editing machine in his bedroom. The black-and-white documentary—about a 12-year-old boy with a genetic defect who'd had his face reconstructed and worked through the social adjustments—was shown at the L.A. Film Festival in 1978. "That was a big deal then," Saget recalls. "After that, I came out here to go to the graduate film school at USC. But I quit after a couple of days. I was a cocky, overweight 22-year-old. Then I had a gangrenous appendix taken out, almost died, and I got over being cocky or overweight."

Saget turned up at L.A.'s Comedy Store, doing patter in a "very frenetic, manic way," he says. The owner, Mitzi Shore, encouraged him to continue and put him on a national comedy circuit. "I don't quite know why the stand-up thing evolved," Saget says. "I had never said, 'That's what I want to do.' Yet I've done that in one way or another for 13 years."

In Buffalo one night, the touring Saget met Brad Grey, who became his business manager. "Two guys who at that point knew nothing, sitting in a dingy little room backstage," he says. "Brad said he wanted to be my manager. I said O.K. It was almost a joke. No questions, just sort of an act of faith between two strangers."

When Grey settled in L.A., Saget sent him other hungry young comics, including his longtime friends David Coulier (who by pure coincidence wound up on "Full House" with him) and Garry Shandling. Saget recalls: "Brad turned out to be a person who just gets things done; he gave me direction. This was during a time when young comics were coming out of the woodwork, cross-breeding, appearing onstage everywhere. Some of them just sort of got up and insulted people. My act was similar to that, but I smiled while I did it so people thought I was nice. A lot of the stuff I wrote was PG material, but I got away with it. That's kind of how I feel about the whole stand-up period—I managed to get away with it."

Early in 1987 Saget was picked as the cohost—with Mariette Hartley and Rolland Smith—on the CBS "Morning Program," where he wrote his own material five days a week and produced comic videos. The show got killed by the "Today Show" and "Good Morning America." "For the first three months it was the best experience I could have had," Saget says now. "It was a nice experiment. If the [on-air] people had gotten along beautifully and been more comfortable with it, and if we maybe could have been a little more hip, it might have slowly caught on. I think everybody was sort of out of their element. I was in a building filled with newspeople, and you don't make friends trying to pry a news editor loose to work on a video for some low-rated entertainment show."

After six months, the producers wanted Saget phased out. He was ready to go anyway, he says: "The affiliates were upset—I was considered too 'hot' for the morning, whatever that is."

He landed on his feet, running, when the producers of "Full House," which was on ABC's '87 fall schedule, replaced the actor already cast to play Danny Tanner with him. "They'd wanted me originally, but I'd been tied up at CBS," Saget says.

After facing critical disdain and mediocre ratings the first half of its first season, "Full House" started focusing on the family aspects of the situation and became a success. It took Saget awhile to get comfortable with acting. "There are times in an ensemble show when you just stand around and wait for your line to come up," he says. "I keep working on being *there* when my line does come up. It's funny, having a second show to do now makes 'Full House' easier, not more difficult. My brain seems to have accelerated; you have to rise to the occasion, so it's easier for me to remember my lines."

Danny, he says, is growing as the show puts more emphasis on relationships: "Danny's [had] a life of dust-busting and picking lint off of people's clothes. He's been in need of therapy. What he has, though, is a wonderful capacity for love. That's what I'm working on showing more in

continued on page 97

"I've seen members of the studio audience practically catapult out of their chairs with laughter—I've never seen people laugh so hard."

Saget on "Full House": Having a second show to do makes things easier.

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PROBLEMS WITH GRANDFATHERHOOD

Some grandfathers look bad because some overindulgent grandmothers look good by spoiling the grandkids rotten.

by Maynard Good Stoddard

Illustrated by Don Trawin

One of the most traumatic results of grandfatherhood occurs at the beach. You have gathered up your stomach and held it in, hoping those lovely young beauties in their eye-patch bikinis will notice how much you resemble Robert Redford. This is the moment your grandson comes dashing up and in a voice that carries for a mile and a half yells, "*Hi, Grandpa!*"

Nothing to do then but let your belly sag to its original location, retreat to a beach chair, and wait until the last echo has died away before you can try again.

There are men, I know (without your telling me), who can go into that dark night of grandfatherhood without a whimper. In fact, you can't so much as say good morning to one of these fellows but what he'll whip out his wallet and begin handing you pictures of his grandkids. And then proceed to bore your ears off with a laudatory biography of each one.

If I had the grandfather image, perhaps I might do the same thing. But I am so well-preserved for my age I keep having trouble getting my hard-earned senior citizen discounts. The only reason I allowed myself to get old in the first place was for that 10 percent off at Hardee's and half fare at the movies. As it is, I am forced to stand there and hold up the line while they check my driver's license, take my blood pressure, and examine my teeth (if I'm wearing them that day).

Give my grandchildren credit: they're doing their best to save me these embarrassments. According to the experts on aging, nothing is more efficacious than worry when it comes to adding years to those of us with younger-than-springtime appearances. And because my kids are now turning out kids as though survival of the human race depended upon them alone, I should be looking my age in no time at all.

Let me insert right here, before you begin drawing the wrong conclusions, that I don't go around kicking my grandkids. Oh, if one of the little rascals should make the mistake of bending over in front of me—that's a different story. The truth is, what makes a grandfather of my type appear so rotten is that grandmothers of my dear wife's type are so good at spoiling grandchildren. I don't mean if one of them set the dog on fire she wouldn't suggest, "That wasn't a very nice thing to do, sweetie. Promise Grandma you won't ever do that again." (Not to that dog he wouldn't, because contrails from that dog would already be a mile long in the direction of Lane's Pond.)

Take the ice-cream-cone scenario, if proof is required. It never changes. I want to buy the kid a single, he wants a double. His grandmother says buy the double. I say he'll never eat it all, he never does. She says buy the double. So I buy the double. And does the kid select one of the human flavors like vanilla, chocolate, or strawberry? Don't be silly. He wants bubblegum. Both dips.

As usual, one dip and he has turned his attention to other things. And at a buck a dip I'm certainly not going to

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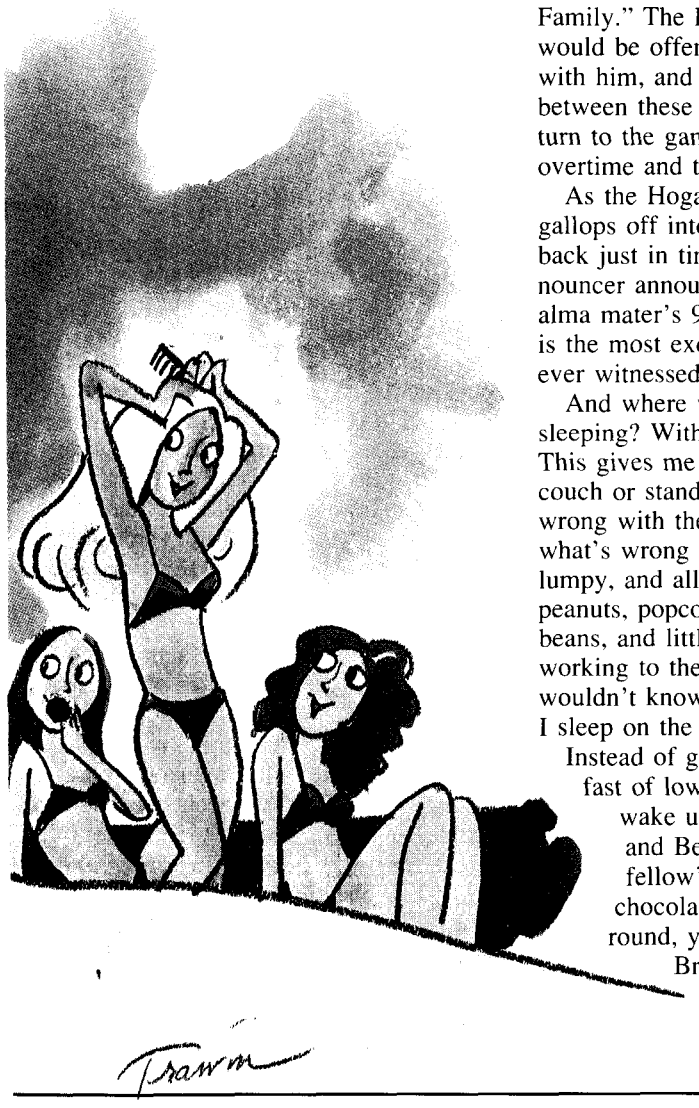
see it go into the trash can without going in after it. So with the stuff already beginning to drip off both elbows, I finish the cone. And I hate bubblegum ice cream.

Upon discovering what a push-over this grandmother is, the little people compete to see who will stay overnight.

I never have to ask when one of these nights is upon us. In winter I have only to come into the house, and a heat wave knocks me back to the patio railing. The thermostat has been set at an all-time high to prevent our visitor from coming down with a fatal case of double pneumonia. If it's a summer visit, the air conditioner will be going full blast and the refrigerator door standing wide open to make sure the wee person doesn't pass out from heat exhaustion.

One of those wee persons arrives for his overnight stay via a school bus. If it's raining, who is elected, by a vote of one for, one opposed, to walk down the driveway with an umbrella to meet the bus? Bingo. And should the bus be late, as it usually is because of the weather, old bingo may stand there for 15 minutes trying to guess the direction the wind will whip the rain from next.



Walking back up the drive, I must hold the umbrella over the wee person, of course, which leaves half of me sticking out on the opposite side to get soaked through to my underwear. But at least I deliver him nice and dry to his waiting grandmother. Ten minutes later he is outside splashing through a puddle.

It could be worse. And it is.

That night, instead of watching the Michigan-Indiana basketball game on the tube, a game I have been looking forward to since last season, I am required to sit through a half hour of "Alf," followed by "The Hogan Family." The little person, I am told, would be offended if I didn't watch with him, and with enthusiasm. In between these thrillers I'm allowed to turn to the game—it's now going into overtime and the place is a madhouse.

As the Hogan family finally gallops off into the sunset, I switch back just in time to hear the announcer announcing that my dear old alma mater's 91-90 win over Indiana is the most exciting game he has ever witnessed.

And where will the grandson be sleeping? With his grandma, naturally. This gives me the choice of taking the couch or standing up all night. What's wrong with the couch? I'll tell you what's wrong with the couch. It's lumpy, and all through the night peanuts, popcorn, paper clips, jelly-beans, and little metal cars keep working to the surface. The kid wouldn't know the difference, I argue. I sleep on the couch.

Instead of getting my usual breakfast of low-cal, high-fiber cereal, I wake up to the smell of bacon and Belgian waffles, the little fellow's favorite. With hot chocolate instead of coffee all round, yum, yum.

Breakfasts like this and the ice-cream-cone overflow must make my cholesterol hover right around 500 in the shade. My arteries must be so hard, I wouldn't be surprised if they would take over after I broke a leg. I wouldn't even limp.

The breakfast has also caused most of my blood to rush to my stomach to aid digestion instead of congregating in my head to aid creativity. I still go through the ritual of sitting at my desk in hopes the writing muse will send along some news, but it's no-go. Grandson wants to play outside. Good. Let him. No, he wants you to play with him. So I stop making paper clip chains, and out we go.

But does the kid want to play a sensible game like hide-and-seek, with me hiding? Not a chance. His grandmother has spent a small fortune on this rocket that goes up out of sight and then comes down by parachute, which I am supposed to follow all over kingdom come and retrieve. On the second shot, as Satan had programmed, kingdom come has to be at the very top of our old elm tree.

"I'll buy you a new one," I say.

"I want that one!" yelps Grandson, turning his volume up to a pitch that would ensure reaching his devoted grandmother.

"He wants that one!" his devoted grandmother yelps from the patio. "It was his birthday present—and it cost a small fortune."

So I locate my 20-foot apple picker and lean my 20-foot aluminum ladder against the tree, only to find that I'm still 20 feet short.

Has anyone out there ever tried climbing 20 feet up an elm tree while trying to maneuver a 20-foot apple picker through the branches? Slow going, isn't it? And when I finally make the rescue, skinned but back safely on the ground, the little owner runs screaming to Grandmother to show her how I have ruined his precious rocket. And who is the one required to come up with another small fortune to replace it? Right.

Here is where I seize the opportunity to teach the kid that rockets don't grow on trees. It's time he learned that because Eve bit into the Red Delicious, man has to earn the things he wants by the sweat of his brow.

continued on page 96

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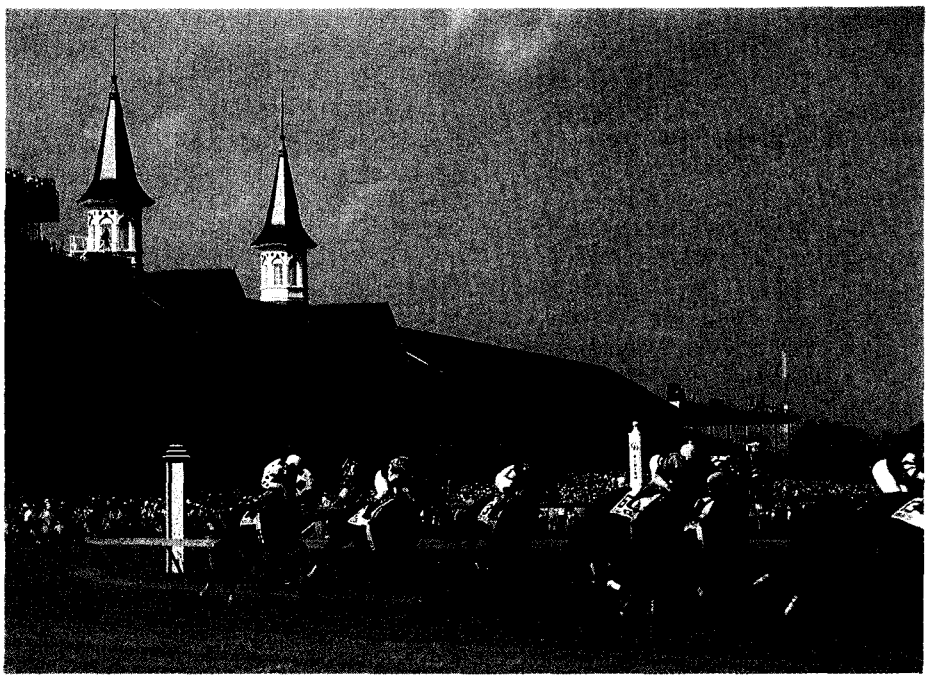
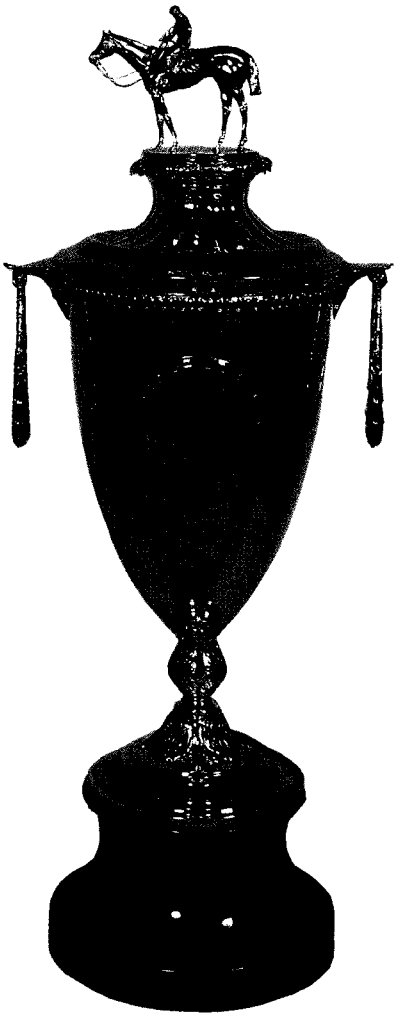
AMERICA'S GREATEST HORSE RACE

"Until you go to Kentucky and with your own eyes behold the Derby, you ain't never been nowhere and you ain't never seen nothin'!"

by Maynard Good Stoddard





The Derby trophy comes with a purse of more than a half million dollars.

Irving S. Cobb, the homespun philosopher of Paducah, Kentucky, after trying to explain to sportswriter Grantland Rice what made the Kentucky Derby so special, ended his futile effort by asking, "What's the use? Until you go to Kentucky and with your own eyes behold the Derby, you ain't never been nowhere and you ain't never seen nothin'!"

According to Derby historians, except for a flip of a British coin, the greatest race in America would be run under a somewhat less dramatic name. As one account has it:

"Before 1780 a horse race was only a horse race, and a Derby was just a man. His name: Edward Smith Stanley, 12th Earl of Derby. He and Sir Charles Bunbury, a friend and fellow breeder of fine horses, had just founded a new race, a springtime test of the three-year-old colt and filly thoroughbreds in all England. But the contest first had to be named.

"The question was," the report continues, "which of the two partners would it be named for, Derby or Bunbury? A coin flashed in the air—and landed in Derby's favor. And a good thing, too. Otherwise, we'd all be trooping out to Churchill Downs—to see the Kentucky Bunbury." Whatever the name, Derby-style races proved popular to both horse owners and spectators.

In America, the inaugural Kentucky Derby, on May 17, 1875, drew 15 three-year-old horses and a crowd of 10,000. Aristides, a little red horse, led the field to the wire to win a punch bowl worth $1,000 and a purse of $2,850. (Prize money at that time was put into silk purses and hung at the finish line. The jockeys grabbed the purses on their way to weigh out.) The second-place finisher, Volcano, made its owner richer by the handsome sum of $200.

The track itself at Churchill Downs has had much to do with attracting owners and trainers to this prestigious test of horseflesh. The surface has a top cushion of three inches, which consists of 75 percent sand, 23 percent silt, and 2 percent clay. The next five inches is compacted sandy loam, the same material as above, atop 12 inches of clay base, which overlies 25 feet of native sandy loam base. The Ohio River bottom land dirt is regarded as so good for horses to run on that other tracks buy it.

In comparison to today's thoroughbreds, horses competing in the early Derbies occasionally fell somewhat short of top thoroughbred standards. This had to do with owners' sometimes unrealistic assessments. For example, an owner needed to spend only $100 on the nominating fee and $2,000 for the starting fee. Some owners, eager to see their silks in the Derby, and to flourish an owner's badge entitling them to a box seat, would nominate a horse better qualified to pull a milk wagon. As one wag pointed out, "It was as if anybody

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could buy a jalopy and run in the Indy 500, or pick up a golf bag . . . and play in the Masters."

A horse named One-Eyed Tom finally brought the matter to a head. Besides lacking one eye, Tom was an unknown. His owner had never measured the training track back on the ranch. Training had consisted of a "boy" weighing 170 pounds galloping the horse from four to six miles a day. One other small thorn under the saddle: Tom had never been inside a starting gate. He would have to pass this test to be accepted as a participant. Track personnel came from all corners to witness the event, and they weren't disappointed. The exercise boy managed to maneuver Tom into the gate five times. Once he simply walked away; once he bolted and executed a neat U-turn; again he shied away from the contraption altogether. After the ordeal the rider's legs were streaked with green paint from being battered against the sides of the gate. One-Eyed Tom had flunked the test—and he was scratched.

There are no One-Eyed Toms in this year's proposed lineup of 20 horses. A Triple Crown nomination fee of $600, an entrance fee of $10,000, and a starting fee of another ten grand—added to Churchill Downs' $350,000, constitute the purse. Last year's payoff to the winner beat the first Derby's $2,850 by exactly $571,350.

Although One-Eyed Tom was one of a kind, other heroic horses that have made their marks in Derby history have not been without their little eccentricities.

• The trainer Ben Jones used to say that Whirlaway, who whirled away the opposition in the 1941 Derby, was "nervous as a cat in a room full of rocking chairs."

• Count Fleet, the winner of the 1943 classic, had a reputation for pride. He wouldn't trot over for sugar or petting. He was royalty. You could come to him or forget it. He did, however, have one shameful secret: he was afraid of the dark.

• Secretariat had the reputation of being a prodigious "doer," consuming 16 quarts of oats a day and all the hay he could eat. Though he ate continuously, he did it tidily—some oats, then a sip of bottled water, some hay. When the hayrack is removed the morning of a race, most horses grow edgy, sensing what's coming. Secretariat usually took a nap.

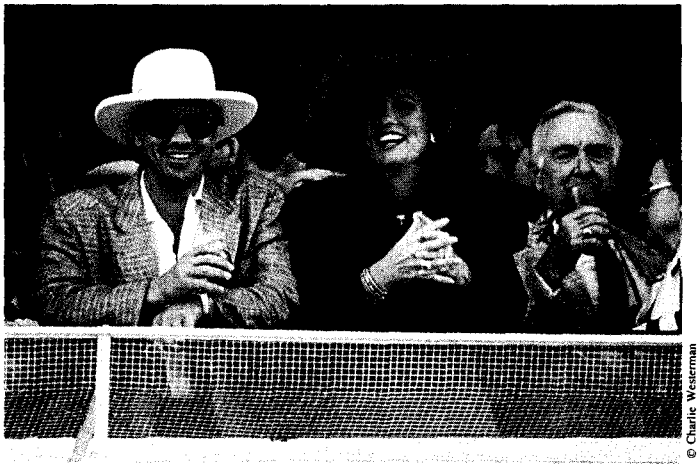
• Riva Ridge, Secretariat's stablemate, once the main attraction, resented all the attention given his younger associate. When crowds formed around Secretariat, Riva would turn his rump to the stall door. In horse parlance, one can assume that this compares with the human gesture of putting the thumb to the nose and waggling the fingers.

Many of the 130,000 spectators to pour through the gates come early to view the immaculate grounds and its 6,000 plants, including tulips imported from Holland. All the fans, of course, are waiting for the strains of Stephen Foster's "My Old Kentucky Home," which will beckon the year's top three-year-olds to the track and will raise enough goose bumps to resurface the infield. Here, in a matter of two nerve-tingling minutes, another horse will be joining the illustrious company of such legendary names as Count Fleet, Citation, War Admiral, and Northern Dancer. What about Man 'o War? you ask. Sadly, America's greatest racehorse never ran in America's greatest horse race.

A final word, which you won't find among the treasures at the museum or on the program for this year's Derby: if you go to this race of races with an eye to paying off the mortgage with your winnings, forget it. Sunny Jim Fitzsimmons, who knew horses as well if not better than you, would warn you of that.

"The biggest bet I ever made," he admits, "was $100 on Man 'o War, an 11-to-20 shot. He was a sure thing to win the race, I thought.

Man 'o War was beaten by Upset that day, the only race he ever lost. That put a new word in the English language and a dent in the Fitzsimmons' bankroll. And it was another illustration of how little any of us really know about horses. For the Kentucky Derby, that goes double."



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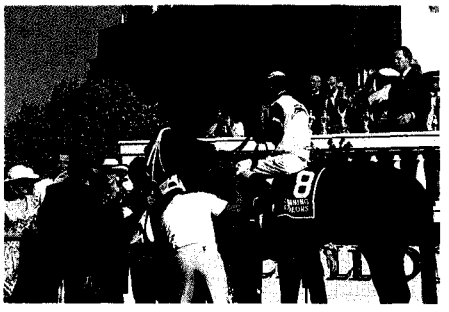
Derby fans Don Johnson, Phyllis George, and Walter Cronkite (above) and Olivia Newton-John (right) join more than 100,000 spectators for "the most exciting two minutes in sports."



The aptly named "Winning Colors" and jockey Gary Stevens receive the rose bouquet in the winner's circle, 1988.

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SOME LITTLE HEARTS NEED MORE CARNITINE TO LIVE

The Post traces the success of carnitine therapy on Kelly Clemmons who seven years ago was diagnosed with a fatal heart condition.

by Jerzy Jaskiewicz, M.D. and Cory SerVaas, M.D.

Being big-hearted is one thing; having a big heart is quite another. And little Kelly's heart was not only big, it was *enormous*. How Kelly survived, thrived, and today, at age nine, has arrived at the very top of her class in school can be summed up in one word: carnitine.

It was seven years ago in the *Post* that Kelly's grandfather, Dr. Lowell Clemmons, Sr., told the story of her rare heart disease called endocardial fibroelastosis, an inherited disorder in which synthesis of carnitine is disturbed. At that time, essentially no one knew about a proper therapy. Two of the country's outstanding pediatricians offered the same dismal prognosis: "A fatal disease with no known treatment. Maybe three months to live, maybe six months, maybe...." Kelly was about a year old at the time.

Judy, Kelly's mother, was not one to give up without a struggle. Her diligent research led her to a children's heart-disease specialist, Dr. Marjorie Tripp, in Madison, Wisconsin, who had successfully treated two patients suffering from Kelly's problem. Promising the parents nothing, Dr. Tripp placed their daughter in the hospital for diagnostic procedures and for several days administered carnitine. A derivative of lysine, as she explained, it is necessary to prevent the heart muscle from getting flabby. And that, in layman's terms, is what threatened Kelly's life: a big, flabby heart that would not contract normally.

After starting on the drug, Kelly was allowed to go home. Soon she began to look better, she began to eat, to gain weight. Her family began to have hopes that she might live a little longer than had been predicted. That, as we reported, was a long time ago, and at this writing, we telephoned Kelly's mother for an update. It couldn't have been more encouraging:

At age nine, Kelly Clemmons plays softball, swims, fishes and "loves everybody and everything." There's no evidence of her rare, inherited heart disorder caused by a carnitine deficiency, as long as she takes her three-gram daily dose of carnitine.

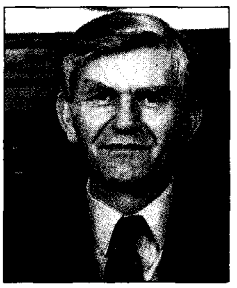
"Oh, she's a really healthy nine-year-old," Judy told us. "She's still taking carnitine and has no problem at all. We tried taking her off, but her carnitine level dropped so low the doctors felt that she couldn't do without it. She's on the school softball team, she swims, she loves everybody and everything. Today she's off fishing with one of her uncles."

Kelly is taking three grams of carnitine a day and will probably have to take it for the rest of her life.

"But that's not so bad," her now-deceased grandfather had said. "After all, as a diabetic I'm going to be taking insulin the rest of my life; it's the only way I'm going to have a 'rest of my life.' "

Judy told us she still talks with Dr. Tripp occasionally, adding, "We know there aren't many who have exactly the same kind of genetic problem Kelly had. But one mother who had five babies lost three to carnitine deficiency before she found Dr. Tripp. Dr. Tripp treated and saved one of her two surviving children. Their other child was not affected. That was the case that brought me to Dr. Tripp originally."

As for carnitine itself, what a difference a few years make. Although discovered as a component of the human body approximately 80 years ago, it remained virtually unknown as a medicine until the past seven years. Today we know that carnitine is vital to normal body functions, because it transports lipids (fats) into the mitochondria of cells to be converted into



Dr. Jerzy Jaskiewicz is an Associate Professor of Medicine at the Medical Academy of Krakow in Poland, specializing in pediatrics and biochemistry. Through Project HOPE he has worked at the Neuroscience Institute, University of Michigan, Ann Arbor. He is presently on the staff of The Saturday Evening Post Society. He has a special interest in fat metabolism.

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energy. Without carnitine, one of the body's most important sources of energy is cut off.

Carnitine deficiencies occur most often in young children like Kelly and particularly in newborns whose bodies may not produce enough carnitine to provide proper muscle development. Children with carnitine deficiencies may have muscle weakness, poor weight gain, recurrent infections, and altered levels of consciousness.

If carnitine is the problem, treatment with carnitine supplements can produce dramatic results.

Dr. Susan Winter, an assistant clinical professor of pediatrics at the University of California, San Francisco, Fresno, remembers her first carnitine case in 1982. Rafael, an infant, was suffering from a mysterious illness. His continual infections and progressive weight loss made it clear, Dr. Winter said, "despite all our efforts, Rafael was dying from his disease." But as a mother of young children herself, Dr. Winter could not accept this prognosis. She consulted all her colleagues for a clue.

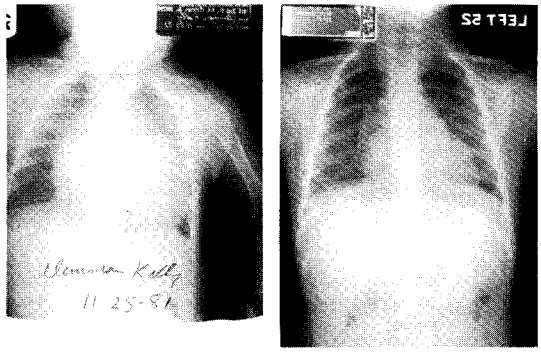
She relates her story: "Austin Shug, Ph.D., from Madison, Wisconsin, provided the first piece in the puzzle suggesting that carnitine might play a role in Rafael's metabolic disorder. He has spent more than 30 years researching carnitine and its role in cellular metabolism. Dr. Shug was convinced that carnitine deficiency was an underlying cause of some serious health problems, such as muscle disease, liver dysfunction, and growth and heart problems. He measured Rafael's blood carnitine level and found his hypothesis correct.

"An Italian-based company, Sigma-Tau Pharmaceuticals, provided our clinic with what was then the experimental drug treatment necessary for Rafael's survival. Within weeks, his condition improved dramatically. Where Rafael was once so weak that he was unable to sit up or lift his head at the age of nine months, he was suddenly growing, thriving, and gaining weight.

"After witnessing such a rapid response in Rafael, I began measuring carnitine levels on all my metabolic patients," Dr. Winters continues. "To my surprise, many of the children with defects similar to Rafael's were found to be carnitine deficient. I began more patients on carnitine therapy and saw similar improvement in their muscle strength, growth, and general health.

"Within two years I had accumulated information on 51 pediatric patients and began preparing my first manuscript describing this deficiency state. Through research I discovered that carnitine deficiencies result not only from hereditary or genetic disorders but acquired metabolic illness as well. I also found there is a much greater incidence of carnitine deficiency among children than adults. Many children, particularly newborns, have a lower capacity for biosynthesis and require additional dietary monitoring. Carnitine is present in a healthful, well-balanced diet consisting of red meats, dairy products, human milk, and carnitine-enriched infant formulas.

Kelly and her mother with Dr. Marjorie Tripp in 1981. Other doctors had given up hope, but Dr. Tripp felt she might possibly have a cure. She tried it and it saved Kelly's life.



Kelly's enlarged heart (left) returned to normal after Dr. Tripp administered carnitine injections.

"Certainly, carnitine is not the panacea or 'miracle cure' we seek for every illness that causes parents and doctors sleepless nights. And not every patient I've treated for carnitine deficiency has shown a dramatic response.

"Angelo, at the age of three months, was hospitalized with severe heart failure due to a weak, poorly contracting heart muscle. The attending cardiologist had started many cardiac medications with only mild success. His carnitine measurement indicated a severe deficiency, and treatment was initiated. Angelo responded to the therapy, and to this day, six years later, he is still able to run and play. He has nearly complete resolution of his cardiomyopathy, a rare event in this disease before treatment with carnitine.

"Aaron was born with a cleft palate and was referred to our clinic for genetic counseling at the age of six weeks. Because he was not gaining weight, I turned my attention to that problem. Feeding an infant with a cleft palate can be a very difficult task, so I naturally attributed Aaron's inability to gain weight to his mother's lack of success in feeding. I too was unsuccessful in feeding him and realized the problem was more complex. Like many other infants with carnitine deficiency, at feeding time Aaron would stiffen his body and scream. His level of carnitine, upon testing, did indicate a deficiency, most likely due to his poor dietary intake with the cleft palate. Three days following treatment, Aaron was calm, no longer stiff, eating, and gaining weight.

"Allison, age nine, exhibited a severe exercise intolerance. As a toddler, she was uncharacteristically inactive, and as the years went by it became increasingly apparent that she had health problems—she would become quickly exhausted while exercising and begin vomiting, sometimes developing a fever. Allison was examined by several cardiologists and neurologists who were unable to explain the phenomenon. One neurologist, however, suspected a metabolic problem and referred her to me. I immediately noticed a fatty feel to her muscle, suggesting a possible fat [lipid] storage disorder. I prescribed carnitine treatment. Within 24 hours of the first dose of carnitine, Allison's tolerance to exercise began to improve. That weekend, she and her family traveled to the mountains, and she was able to join them on a walk without any problems. One year later, Allison is taking ballet lessons and participating in school sports.

"Nathan had experienced continuous

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ear and upper respiratory tract infections from age six months. Lethargic and frail, he had been hospitalized for failure to thrive and diarrhea. Although Nathan's plasma carnitine level was not abnormal, I began carnitine treatment based on the symptoms. Two weeks later, Nathan was growing and gaining weight and was free of infection.

"Monica had a brain tumor at a young age. She underwent surgery and irradiation treatments, and she suffered some neurologic problems as a consequence, including seizures. Treated successfully for several years with valproic acid, a seizure medication that alters the body's level of carnitine, Monica suddenly regressed and ended up hospitalized and nearly comatose. We measured her carnitine level and began treatment. She showed a rapid improvement in her neurologic performance and seizure control and was clearly better within days.

"A diet lacking in carnitine, bowel problems with poor absorptions of foods, chronic diarrhea, kidney problems, metabolic disease, or treatment with valproic acid are just some of the ways this deficiency can develop. Symptoms include muscle weakness, poor weight gain, recurrent infections, and altered levels of consciousness."

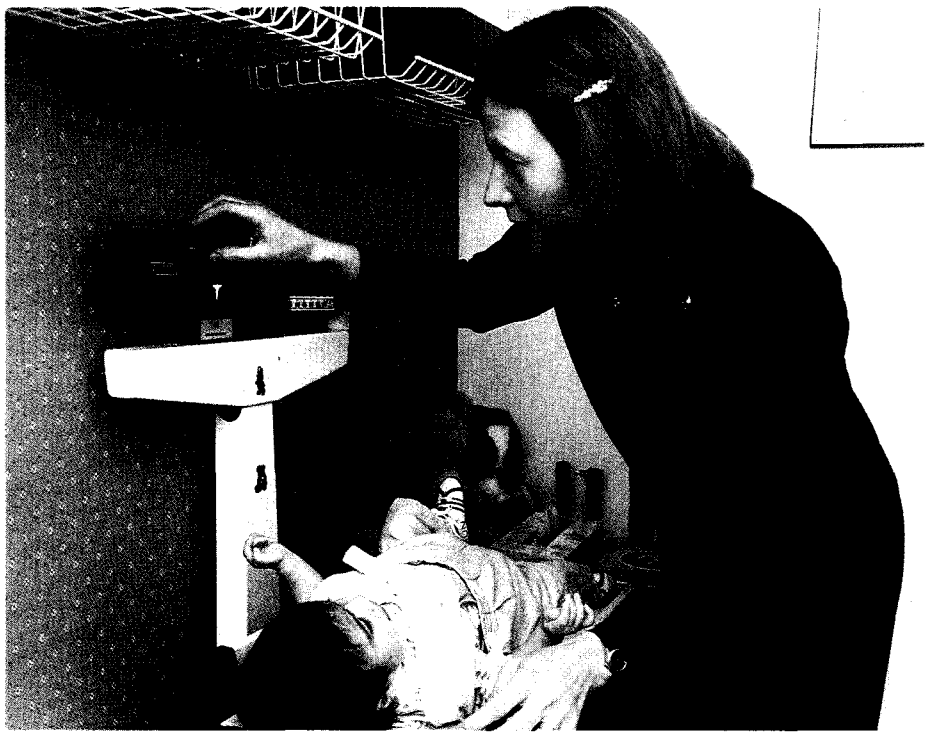
Dr. Winter suggests that if a child has one of the predisposing conditions or one or more of the symptoms, carnitine deficiency might be the cause. However, carnitine deficiency is a relatively unknown disorder. The best way to investigate this possibility further would be to consult with the child's physician, who may refer to existing literature on the topic. Carnitine deficiency can best be determined by muscle biopsy, but the process is invasive. Examination of plasma is a noninvasive, but less effective, alternative to biopsy.

For those diagnosed with carnitine deficiency, treatment with L-carnitine, cleared by the Food and Drug Administration in July 1986, is now available by prescription.

Parents whose child has been diagnosed as having a metabolic or genetic disorder should consider establishing contact with a local support group through such organizations as the Alliance of Genetic Support Groups, March of Dimes National Registry For MPS/ML Disorders, and the Society for Inherited Metabolic Disorders. "Handling special medical problems

At 3 months, Angelo Lozeno had severe heart failure. Six years later he is doing well taking carnitine four times daily.

Dr. Winter successfully treated Nathan Wohl's chronic respiratory tract infections with carnitine.



Dr. Susan Winter, assistant clinical professor of pediatrics at the University of California, uses "the avenues of a detective," to diagnose rare childhood disorders.

Aaron Ferraiz was born with a cleft palate; his refusal to eat led to the discovery of his carnitine deficiency.

After three days of treatments Aaron began eating. He is now a healthy, normal, active 3½-year-old.

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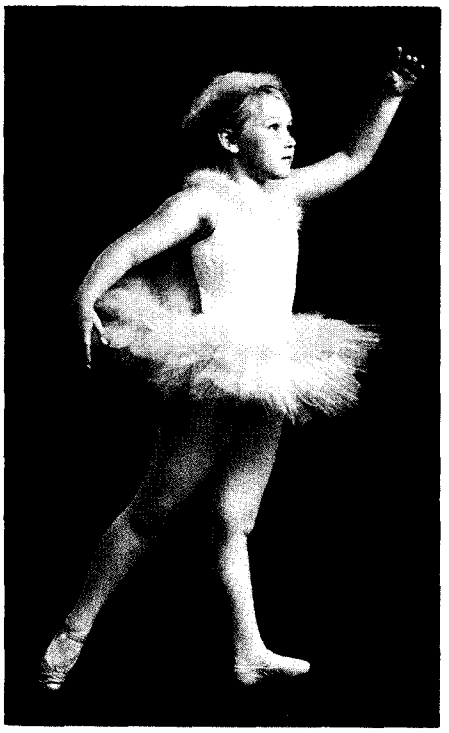
Rafael Bolanos, must take 3.6 grams of carnitine daily. Affected children who are very active require more carnitine.



Neurologists could not explain Allison Gorans' intolerance for exercise. A fatty feel to her muscles led to her diagnosis.

and finding proper care doesn't have to be a dark mystery. Use the avenues of a good detective," Dr. Winter advises.

She urges parents to look for unusual developmental signs or poor growth in a child—the easy-to-spot clues—and seek prompt medical care.

In addition to synthesis in the liver and kidney, the body's carnitine pool is replenished from the diet. The highest concentrations of L-carnitine are found in red meat and dairy products. The typical nonvegetarian diet in the United States provides about 100 to 300 milligrams of L-carnitine daily. Vegetables, cereals, and fruits contain little or no carnitine. Strict vegetarians, therefore, have negligible sources for this nutrient.

The total body pool of carnitine in an adult of normal weight is approximately 1,500 mg. Of this quantity, 98 percent is found in muscle, including the heart muscle, and only 2 percent in liver, kidney, and other tissues. The concentration of carnitine in the blood is less than that in tissues.

The only known route for carnitine removal from the body is excretion in the urine. Renal clearance reflects to some degree the plasma concentration: when the plasma's carnitine falls, the urine excretion of carnitine diminishes.

The carnitine function is closely linked with the cell's membrane function. Humans, like other living organisms, are composed of cells. A typical cell is separated from the surrounding fluids by the all-important cell membrane. Inside of the cell is the cytoplasm and the nucleus. Cytoplasm contains many structures, called organelles, necessary for the cell's function. Among cellular organelles, the ones called mitochondria are especially interesting. Mitochondria have been considered to be the "powerhouse" of the cell, because it is here that the nutrients, including oxygen and the various foodstuffs, are metabolized to supply energy for all the cells. The amount of energy it is possible to achieve upon oxidation of fatty acids is approximately 2.25 times more per gram than from carbohydrate or protein oxidation. (Fatty acids are the products of the digestive process of dietary lipids that reach the body cells as energy.)

There is only one problem—mitochondrial membrane permeability. Only part of the nutrients can pass directly from the cytoplasm into the mitochondria according to their concentration gradient. The rest are able to penetrate the mitochondrial membrane only with a very special type of molecular vehicle. This type of transport is necessary for the movement of molecules of fatty acids from the cytoplasm into the mitochondrial space. This is the role that carnitine plays. Without carnitine, fatty acids can't pass into the mitochondrial space.

Nearly all cells of the human body can use fatty acids directly as a source of energy. The degree of utilization of fatty acids varies considerably from tissue to tissue and depends to a significant degree upon the metabolic status of the body, whether it is fed or fasted, exercised, and so on. For instance, nervous tissue apparently oxidizes fatty acids to a minimal degree, but cardiac and skeletal muscles depend heavily on fatty acids as a major energy source. During prolonged fasting, most tissues are able to use fatty acids for their energy requirement.

When carnitine concentration in the cells is too low, only a limited number of fatty acids can be introduced into the mitochondria, and the amount of energy production will be restricted. There are at least a few different causes for impairment of carnitine function within cells.

The first is the reduced capacity for synthesis. There are several potential causes of such reduced synthetic capacity: deficient intake of lysine and methionine, vitamin C, vitamin B_6, niacin, or iron; advanced disease of the liver or kidney; and prematurity of the synthesis pathways in newborns. It has been found that the efficiency of carnitine synthesis is age dependent. In the liver the activity of carnitine synthesis increases from 12 percent efficiency in infants during the first months of life to 100 percent efficiency by age 15. There is convincing evidence that premature infants have a lower capacity of carnitine synthesis than do full-term newborns.

Synthesis of carnitine in some geriatric patients fed carnitine-free diets may not be adequate to maintain normal body carnitine levels. Another common cause of an insufficient amount or even lack of carnitine is a congenital block in synthesis. The

continued on page 105

A medical pioneer in carnitine research, Dr. Stephen L. DeFelice early on recognized its potential as a lifesaving prescription therapy. Twenty years ago the medical community considered carnitine a food supplement. Ongoing research and clinical trials, combined with personal tenacity, led Dr. DeFelice to establish carnitine, within the medical community, as a therapeutic medicine. Dr. DeFelice is chairman of the Foundation for Innovation in Medicine, a New York-based organization that encourages clinical research for the purpose of accelerating medical discovery.

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FOUR NIGHTS OF JAZZ IN MOSCOW (IDAHO)

Once a year, this community of 17,000 becomes home to one of the greatest collections of jazz musicians on the planet.

by Stephen Lyons

The surprised patrons of TJ's Restaurant in Moscow, Idaho, turned their heads in unison to watch Lionel Hampton and his entourage slowly weave past a large group of young well-wishers and admirers. Some of the fans asked for autographs; some wanted to touch his sleeve; and some just wished to be near the legendary jazz musician. One especially exuberant woman bolted from the group holding an autograph like a winning lottery ticket. "I've been waiting a year for this," she screamed as she skipped past the amused diners.

With all the commotion, the crowd didn't even notice the Grammy nominee and master reed player Branford Marsalis quietly paying his bill while chatting with his musician brother Delfeayo; or *Los Angeles Times*' jazz critic, Leonard Feather, the author of 12 books on music, reviewing his handwritten notes at a nearby table; or the trumpet virtuoso Freddie Hubbard, dressed to the nines, quickly stealing into the damp February air. Perhaps the patrons did notice a special menu item added only once a year: meat loaf, Lionel's favorite dish, served with a hearty helping of Idaho potatoes. These are unusual times in this sleepy town. Magic is everywhere.

The 82-year-old Hampton, who started his career as a vibraharpist in 1936 in a big way with Benny Goodman, took time to talk to each and every one of his fans at the restaurant. Lionel Hampton is a class act, and it's hard to tell if Idaho has adopted Hampton or if Hampton has adopted Idaho.

University of Idaho

(Left to right) Jimmy Heath, Dizzy Gillespie, and Ray Brown at the 1988 festival. Brown says he used to play hooky to listen to the Lionel Hampton band.

Lionel Hampton makes only one request in return for his annual appearance: a basketful of Idaho potatoes.

What brings Hampton and other musicians to Moscow each year is the Lionel Hampton-Chevron Jazz Festival, hosted by the century-old University of Idaho. Once a year, in late February, for four days and nights, this pastoral northern Idaho community of 17,000—known more for prodigious harvests of wheat, peas, and lentils than for chord progressions and 12-bar blues—becomes home to one of the greatest collections of jazz musicians on the planet.

This year is the 23rd anniversary of the festival, which didn't really take off until 1984, when Lionel Hampton and his New York Big Band made their first visit to Moscow as guest artists. Hampton fell in love with the rolling hills and brick architecture of the U. of I. campus (parts of the historic campus were designed by the famous landscape architect John C. Olmsted), and its youthful talent. Hampton established an endowment for the festival, using his late wife's name, Gladys, and Chevron quickly matched Hampton's contribution.

The festival has doubled in size under Hampton's guidance and inspiration. Over the course of four days, more than 15,000 fans will turn out. When Hampton asks a musician to come to the Lionel Hampton/Chevron Jazz Festival, he is rarely turned down. His home may be in New York City, but his heart is in Moscow, Idaho.

"I've always got my mind, heart, and soul at the university all year round, not just for this occasion," Hampton says.

Some local talent bloomed during past celebrations. Lisa Willson of nearby Colfax, Washington, finished first in a student vocalist competition in 1986 and second in 1987. Hampton spotted the contralto and made her a member of the Hampton band shortly

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(Above) The Marsalis brothers and (left) Freddie Hubbard soothe the savage breast at the festival of 1990.

thereafter. This year Bea Wallins, a Moscow high-school student, was the recipient of a $1,000 check from Hampton himself.

The local economy also benefits from the festival. Revenues run between $1 million and $3 million for the four-day event. Motels are booked months in advance, as are limousines, saxophones, tuxedos, and every available piano within 200 miles.

Unexpected vignettes emerge during the week. This year, when Michael Karetnikov, a Soviet bass player, contracted an abscessed tooth during the flight to Idaho, a local dentist opened his Moscow office on President's Day to perform emergency care. Because the Soviets were on a strict per diem, the dentist donated his services. The dentist received a free album of the musician's and complimentary tickets.

In addition to the Marsalis brothers, Hubbard, Jones, the Hi-Lo's, Al Grey, Carl Fontana, Patti Brown, Sunny Wilkinson, Terri Gonzalez, and even Miss America, Debbye Turner (she plays marimba), continued an international festival theme initiated last year.

The Soviet musicians Lembit Saarsalu, Leonid Vintskevitch, and Arkadi Schilkloper returned for an international concert during the first of four nights of performances. They were joined by Ricardo Silveira, a Brazilian guitarist, and Keiko Matsui, a Japanese keyboardist who stole the show and received one of the many standing ovations that evening.

At the end of the night's performance, all the musicians held a long jam session into the wee hours that perhaps best epitomized the spirit of the Lionel Hampton/Chevron Jazz Festival. Using the only language they shared—the language of music—the foreign artists, who had never played together before, joined the dancing Hampton on vibes for a rousing finale: a musical *glasnost*.

Later in the week, Lionel Hampton was asked why he returns every year to Idaho. He looked at the questioner incredulously, as if the answer were more than obvious.

"This school has the best facility for teaching anywhere," Hampton said. "All my attention is focused here. My main goal for this festival is to see more students involved.

"This festival speaks of community spirit. God keeps His blessing on this festival."

Kenny Burrel and his guitar highlight the yearly jazz bash in February 1989.

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The Broken Promise

Her son's heart was set on having a new brother and sister. How could she explain one had been taken back?

By DALE HANSON BOURKE

ILLUSTRATED BY LEN EBERT

"Can we snuggle for a minute, Mommy?" my four-year-old asked as I put him to bed. "We can try," I said, maneuvering my enormous stomach into the bottom bunk.

The bed creaked in protest as I eased in next to my son. Chase moved over, placed his ear against my stomach, and listened for a moment.

"They're talking in there, Mommy," he said with a twinkle in his eye. And then, turning toward my tummy, he said, "Time to go to sleep, twins." He kissed my stomach twice, moved over next to me, and gave me a hug.

I hugged him back, grateful he was taking my pregnancy so well. I was determined to maintain as many of our routines as possible so he wouldn't feel displaced or jealous. But I knew the addition of two siblings would inevitably change things for our firstborn. And that was the aspect of my double pregnancy that concerned me most. How would I ever find time to give Chase the attention he needed while attending to two newborns?

My life had always been so carefully planned. Even this pregnancy had been scheduled so Chase would be old enough to feel secure but young enough to have common interests with his sibling. I had the feeling God was smiling at me as I held on to my illusions of control.

I thought back to the early days of my pregnancy. When a friend asked Chase if he wanted a brother or a sister, he replied confidently, "I want a brother

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and a sister." Then he added, "And a dog!" My husband, Tom, and I laughed at that but tried to explain to him that he would have a brother *or* a sister—and that a dog was out of the question.

A month later, when an ultrasound test revealed not one, but two, babies in my already enormous tummy, Tom and I were in shock. We'd never even considered the possibility of twins. We were awed by the miracle of their creation, and humbled by our own inability to determine our lives.

As the months passed and further tests were conducted, the doctor told us the twins appeared to be a boy and a girl. We were thrilled and a little sheepish as we told Chase he had been right all along. He acted as if it were the most apparent fact and seemed to wonder why it had taken us so long to come around.

Meanwhile, Tom and I went through all of the worries and plans that accompany a growing family. We began calculating diaper usage logarithmically. At night, we'd lie in bed, discussing everything from the trivial (Should we dress them alike?) to the important (Will Chase feel left out as the twins grow up together?).

I tried to include Chase in my pregnancy as much as possible. He loved to come to the doctor's office to watch the ultrasound screen as the babies moved and stretched. We were thankful Chase continued to accept my pregnancy so well. And we were even more grateful for my good health and apparent lack of complications.

By the time I reached my eighth month, Tom and I breathed a sigh of relief. Our greatest concern had been early labor and the delivery of babies too small to survive. But ours were thriving, my doctor assured us, and were now large enough to be delivered with some confidence. Chase began to pray, "Help our twins to be born soon," to which I added an enthusiastic "Amen!"

On a hot August day, I drove to my doctor's office feeling lighthearted, despite an extra 40 pounds. The babies could be on their way at any time, and I knew I needed to be ready. What I wasn't prepared for was what happened in the next hour. I had visited the doctor's office so often that it felt like home. I joked with the nurses and then went through my usual procedures. But today was anything but normal. The nurse frowned as she searched my stomach for the tiny heartbeats.

The baby boy's was there as usual, strong and regular. But when she placed the monitor on the other side of my stomach, there was only silence.

"Wake up," I coaxed, urging my baby to move, thinking she was in an unusual position and the monitor couldn't detect her heartbeat.

Another nurse came in. She, too, searched and then, with tears in her eyes, said, "I have to go talk to the doctor."

I lay alone in the room for a long time, begging God for faulty equipment or mistaken nurses. I prayed for a miracle. Then finally, as reality hit me, I prayed for protection for the other tiny life within.

The next few hours were filled with tests, discussions with doctors, and dozens of questions.

The nurse frowned as she searched my stomach for the tiny heartbeats. The baby boy's was there. But on the other side of my stomach, there was only silence.

My husband was in a meeting and he couldn't be reached. When I left the doctor's office, I drove for a long time, unable to face a nursery with two of everything, and my son, for whom I would have to find the words to explain the loss.

How could I make sense of something that made no sense to me? How could I ever explain that we had been given two very special gifts, but that one had been taken back before we could even know her?

When my husband came home, we cried together, feeling the loss of a baby we had never even suspected was there a few months before. Then we did our best to pull ourselves together before facing our son.

As the three of us sat on the bed in our room, we told Chase. "Remember when we told you that Mommy was bringing home two babies? Well, something happened, and now we're only bringing home one."

Immediately Chase's face grew concerned. "Why? What happened?"

"One of the babies died," I said gently. Chase began to cry.

"Was it my brother or sister?"

"It was your sister," I replied, beginning to cry myself.

We spent a great deal of time crying and hugging, and trying to understand how we could lose this precious little life so suddenly. After a while, Chase looked at me and asked, "Mommy, can we have a baby sister next time?"

I hugged him and said, "We'll see."

Three weeks later I brought home a healthy, energetic little brother for Chase. Tyler's presence helped ease the pain for all of us, and I prayed that Chase would be able to forget about his little sister as easily as he'd changed his bedtime prayer from "Bless the twins" to "Bless my little brother."

Again I had underestimated my son. Tyler was three months old when one day Chase hugged me and said, "I wish my little sister hadn't died."

I hugged him back tightly, sad to realize he still thought of her perhaps as often as I did. We talked for a while about the same questions I still asked. Then Chase added, "Should we give her a name, Mommy?"

His question surprised me. Tom and I had talked about it, but for some reason, we had never settled on a name. It seemed strange to name a baby we hadn't known. And perhaps we were afraid of one more painful reminder of our loss.

"What would you like to name her?" I asked Chase. "Joanna," he answered without hesitation. "I think we should name her Joanna."

I don't know where he'd heard the name or what caused him to feel so strongly about it. But it seemed fitting that our son, who had believed in her existence before we had, would be the one to name her and give her a special place in our family.

God had used Joanna's short life to teach us many things about faith. She would always be real to us, even though we had never held her. And as I kissed Chase and held him tightly, I thanked God for the strength and wisdom of my firstborn son.

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FLOWER GARDENING: MORE THAN MEETS THE EYE

The gardens that are remembered have an ambiance all their own enhanced by the subtle use of color.

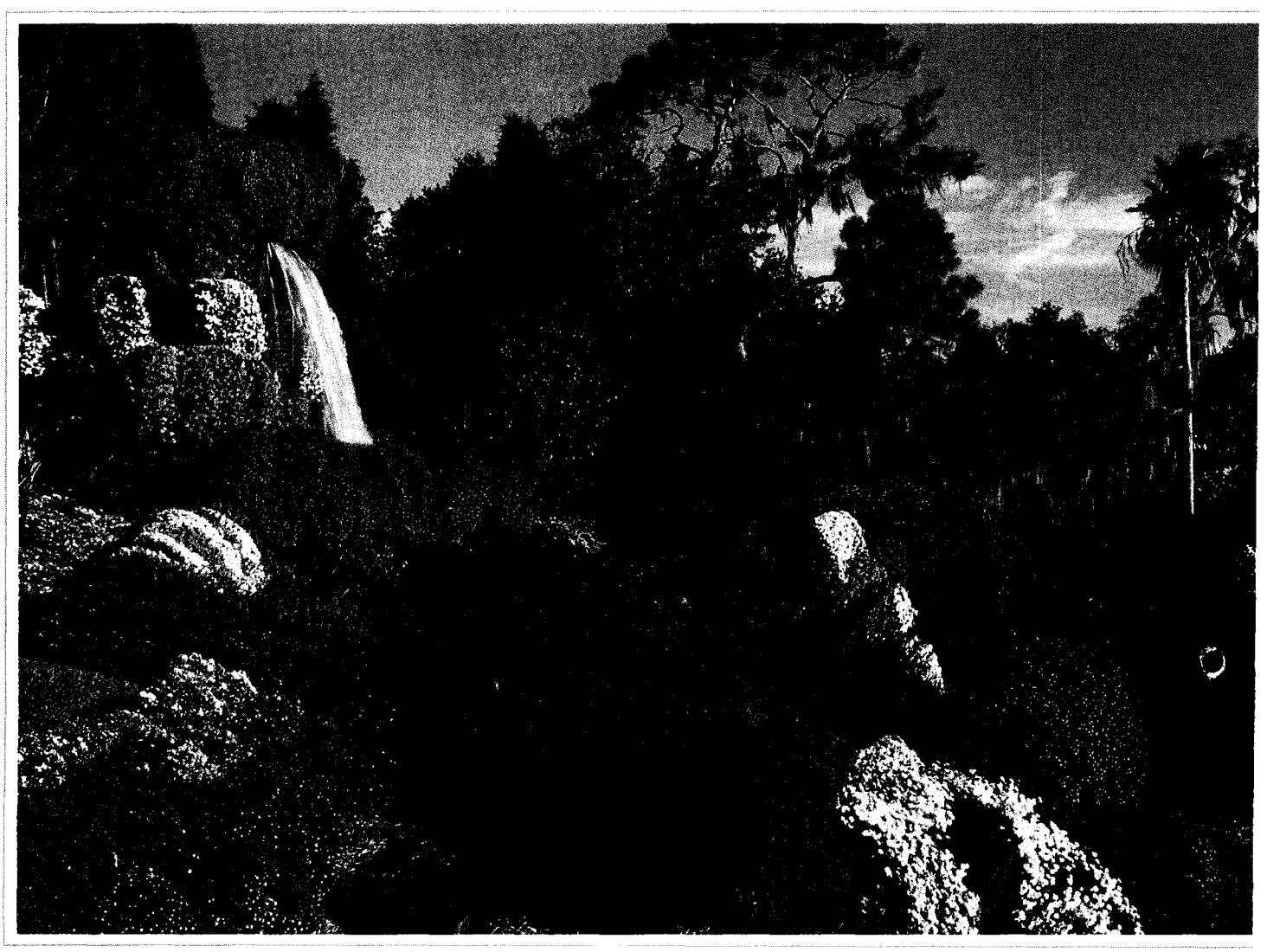
by Donald W. Jackson

Creating a colorful garden should be a snap—a spot of yellow here, a touch of pink over there, and maybe even a splash of lavender or bright crimson just around the corner. It sounds simple, doesn't it? We plan borders so the colors of plants blooming together are compatible, and we combine perennials of varying heights to fight that monotonous look.

A good design always strives to bring out even the most subtle features of both flowers and foliage. Perennial borders and other areas of the landscape must remain fresh and vibrant with the coming of each new season. Garden-color selection is more, much more, than simply choosing plants whose blooms complement and whose mature heights produce a pleasing flow to the eye. The best gardens, the ones that are remembered, have an ambiance all their own. Gardens have character; they develop feelings; and most of all, they create a mood.

Blues

Unfortunately, for many gardeners light simply means full sun, partial sun, or shade, and which plants will grow best under each condition. To fully appreciate how light can dominate the mood of a landscape, gardeners must have just as faithful an appreciation for the value of light as do nature photographers. Blues look much



A juxtaposition of reds and yellows adds drama to a hillside landscape at Cypress Gardens in Winter Haven, Florida.

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richer at dusk than in the bright light of midday. Likewise, using blue flowers near tables, benches, waterfalls, or sculptures will make these garden features even more inviting as light values diminish toward evening. Planting blue flowers near a reflection pool promotes a mood that is very restful and calming to our emotions.

It is difficult to describe the various shades of blues in words, and even harder to photograph them accurately. Some blues naturally project more intimate feelings than others. Foliage and berries can bring an added dimension to using blue in the garden. Especially in shaded areas, clusters of perennials with just a touch of blue or bluish green foliage can be quite complementary to plants with yellow or orange flowers. By comparison, most gardeners find it difficult to combine the more intense blues, like some forms of the Colorado blue spruce (*Picea pungens*), with other colors in the landscape.

Reds

Vivid reds, vibrant crimsons, or bold scarlets are anything but subtle participants in the landscape. When backed by green foliage, red flowers appear more brilliant and distinct. Where as some colors almost seem to melt or blend in when viewed from a distance, most shades of red stand their ground well. Brighter shades of red can be used to good advantage in the landscape. With forethought and planning, they lend a dramatic statement to the perennial border. Red can be an overpowering color, however, and its use must be quite selective for best results. Large, unbroken swaths of bold red flowers can be exhausting to the eye. Such garish displays often overwhelm neighboring areas of the landscape, no matter how well-designed.

Tulips are available in many shades, from rose red to carmine or scarlet, and even groups as small as a dozen bulbs can provide refreshing pockets of beauty. Patches of the small-statured tulip Red Riding Hood (*Tulipa greigi* "Red Riding Hood") offer a fresh breath of early spring color. Later-blooming tulips, such as the Darwin Hybrids, also help to set spring off on the right foot. Such varieties as "Apeldoorn" (bright red) or "Red matador" (carmine red) are equally stunning, even when used in groups as small as 30 to 50 bulbs.

Yellows

Yellow-hued flowers can be quite charming indeed. Soft, delicate yellows are especially inviting, because the eye is readily drawn to even the palest hue. Yet serene, yellow flowers can be used with little fear of overpowering the garden. Shocking shades of yellow or yellow-orange are too difficult for most gardeners to blend successfully into the landscape scheme. Many yellows can be used to help buffer some of the more overpowering shades of scarlet or vermilion.

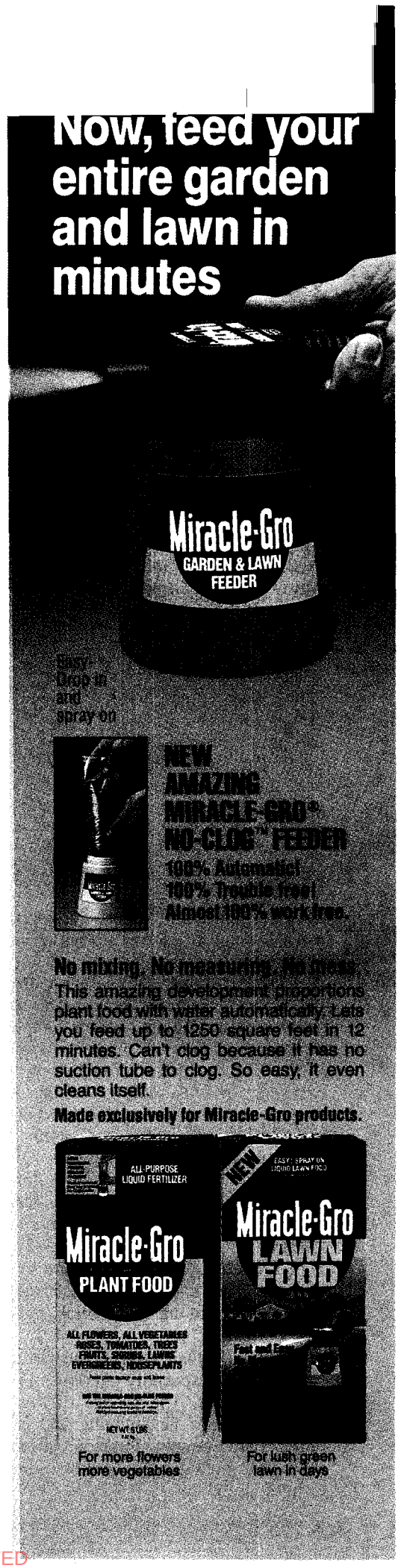
Even the softest yellows can stand by themselves and not simply tone down or mellow a hotter color. Do not make the mistake, however, of placing soft-yellow flowers in a location too distant for the eye to appreciate. A background of dark green foliage is greatly enhanced by a foreground cluster of serene yellow flowers. Another pleasing combination is soft-pink or light-rose blooms planted against a foreground of clear yellow flowers.

Great numbers of yellow flowering shrubs and herbaceous perennials are available to work into the garden scheme. Moreover, yellow flowers can color borders, from the winter aconite (*Eranthis hyemalis*) and cornelian cherry dogwood (*Cornus mas*) in early spring to our native witch hazel (*Hamamelis virginiana*) in the fall.

Plants having varying shades of yellow cast throughout their foliage are popular components of many landscapes. They provide the garden with a certain grace and charm duplicated in few other ways. Most landscape designers overlook the subtle beauty of yellow variegated foliage. Only a handful of overworked favorites, like some forms of liriope, miscanthus, or privet, are ever used. That is a shame, because the subtle, yellow variegated leaves of certain bamboos, sedges, and even pines, among others, can be excellent choices for many gardens. A single plant or at most a small grouping can be all that is needed in the right location.

White

White, when used to its fullest potential, is in many ways the most adaptable of colors. White can be a supreme complement to other colors, although few flowers are actually pure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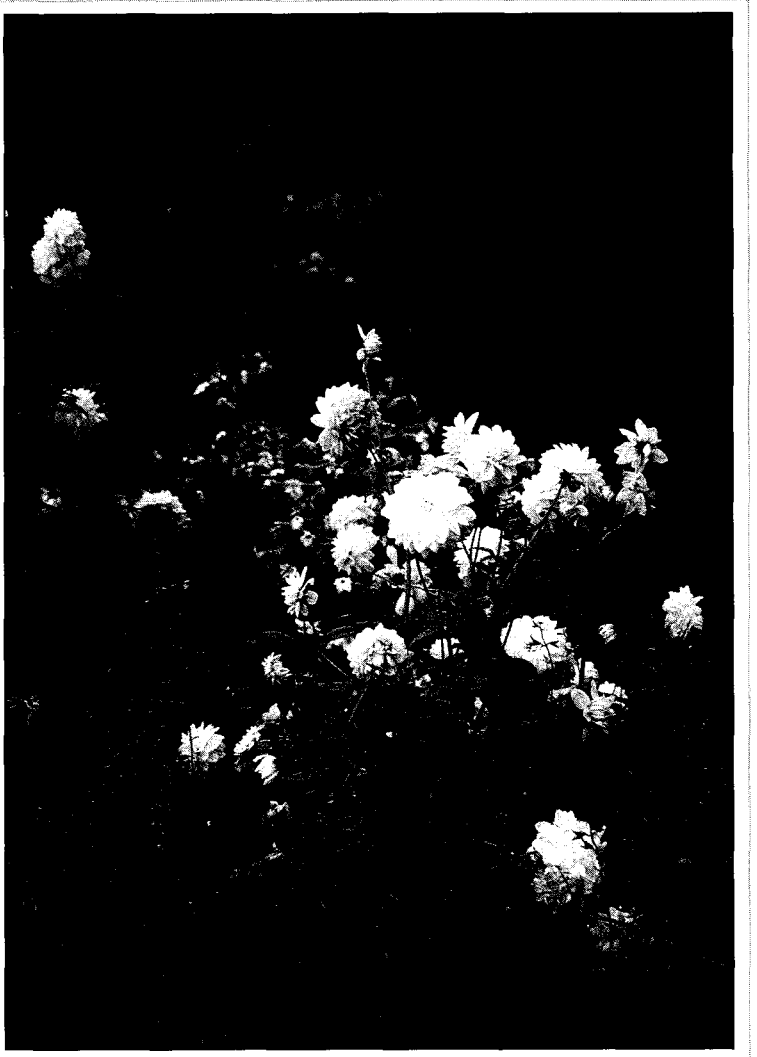
white. Most have tinges of pink, violet, or some other shade. The subtleties of many white-flowered plants are seldom appreciated by most gardeners. The white petals of some lilies are quite vibrant, compared with the blooms of a sweet bay magnolia (*Magnolia virginiana*), which appear more cream colored and rank among the most beautiful flowers to be found anywhere in the garden.

The use of brilliant or dazzling shades of white must be tempered somewhat in the landscape. Whites are in many ways, however, the mediators of the garden, allowing most other colors to blend together more harmoniously. White flowers are also easier for the eye to pick up in dim or fading light. The time of day one tends to enjoy a garden may, for instance, influence the quantity of white flowers used in a perennial border.

White flowers can make dark green foliage appear much more vivid in a garden setting. This is one reason the deep evergreen leaves of the southern magnolia are so well-complemented by its own white blooms. White flowers also complement a range of garden furniture, fountains, or walkways better than many other colors. The cold, stark appearance of stone seats or statuary is greatly softened by the white blooms of a flowering dogwood (*Cornus florida*), Merrill magnolia (*Magnolia denudata* "Merrill"), or Japanese tree lilac (*Syringa reticulata*). Likewise, white emperor or lily-flowering tulips always look at home along a red brick walkway.

Even more than whites, the silvers and grays are especially overlooked by most gardeners. The foliage of many plants can be quite stunning and can range from pewter through various shades of blue-gray or greenish-gray to light silver.



Yellow flowers like these dahlias stand out well from a dark green background and also blend easily with other colors in the landscape.

Greens

Green is so common before our eyes in nearly any garden that we almost forget it exists. The foliage of most yews or boxwoods is quite dark compared to the much lighter leaves of a tulip poplar (*Liriodendron tulipifera*) or the bluish green hue of a Bar Harbor creeping juniper (*Juniperus horizontalis* "Bar Harbor"). Green as a color is quite soothing to our eyes. We take for granted the restful qualities of a simple green lawn. Even the green foliage of our common maples, ashes, or oaks is too often over looked. Green tends to take some of the harsh edge off the hot reds or oranges. It is also not given the credit it deserves for accentuating foreground plantings of flowers from pink to yellow or blue. Finally, even earth-toned garden structures from brown benches to slate gray statues are complemented by surrounding green foliage.

FLOWER PALETTE

Red Flowers

Astilbe, Begonia, Dahlia, Geranium (pelargonium), Pyrethrum, Salvia

Yellow Flowers

Black-eyed Susan, Calendula, China aster, Evening primrose, Lily

Blue Flowers

Delphinium, Globe thistle, Hydrangea, Iris, Lobelia, Lupin, Veronica

White Flowers

Baby's breath, Foxglove, Honeysuckle, Larkspur, Phlox, Shasta daisy, Statice

Changing Colors

Much more goes into the planning of a garden than simply choosing a handful of compatible colors. A few of our most popular flowers even change color as they mature. The flower buds of some viburnums and crab apples start out pink but often turn a stunning white. Other flowers may have broadly striped petals. The *Kaufmanniana*-type tulip "Stresa" is well-known for its attractive red-yellow blooms. Finally, many daffodils boast bicolor flowers. "Barrett Browning" features white petals and an orange inner cup.

Designing a garden that will be remembered for its beauty is no easy task. Of all factors to be considered, the proper use of color is perhaps the most elusive. Some colors will make a garden appear significantly larger than it really is; others may convey to visitors the feeling of peacefulness or serenity. A few colors even accentuate the shape or form of an object in the garden, such as a planting urn or sundial. Take the time to use each color to its fullest advantage. Your efforts will be repaid many times over.

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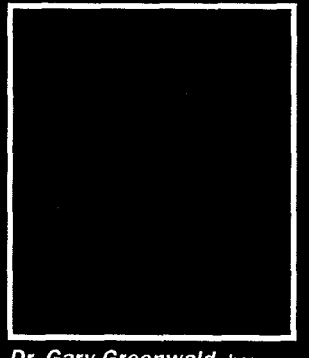

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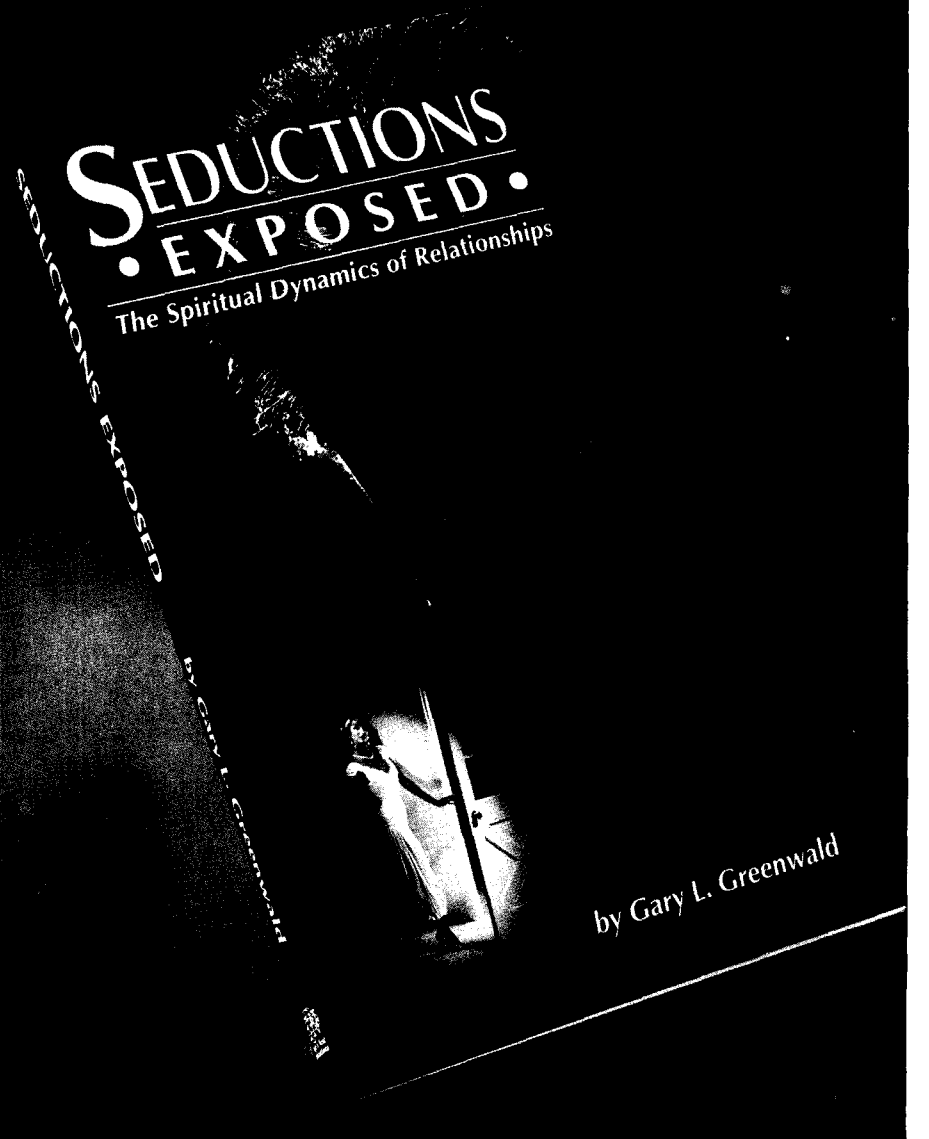

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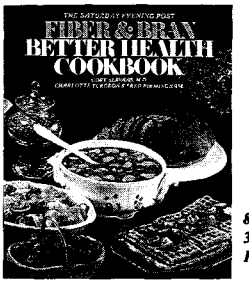

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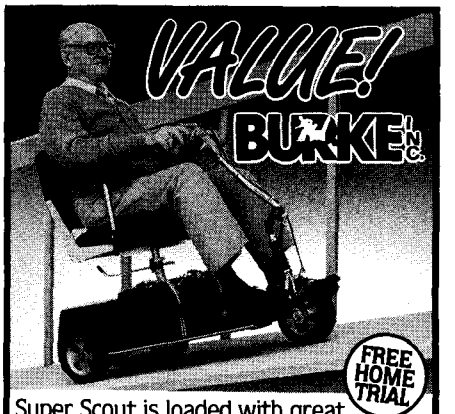

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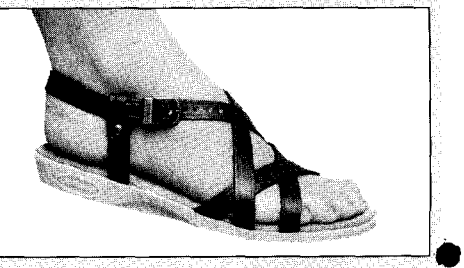
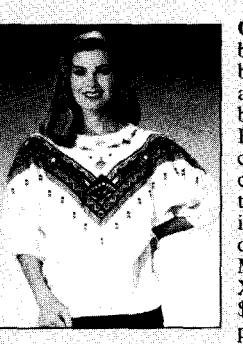
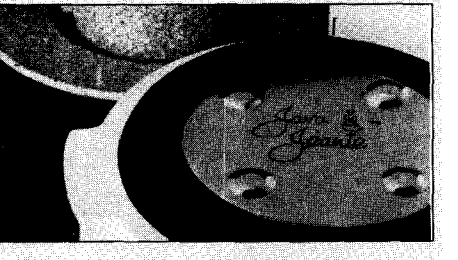


Genuine leather sandal by Wimzees®. Cushioned suede insole and adjustable buckle for perfect fit. Nonskid flexible rubber sole, ¾" heel. White, tan, burgundy. Full sizes only: 6-11 N, M, W. Only $15.99 (reg. $19.99). Two pr. $27.98. Add $2.50 p&h (1 pr.), $3.50 (2), $4.25 (3). Guaranteed. Old Pueblo Traders®, Dept. HDK1A, P.O. Box 27800, Tucson, AZ 85726-7800.



Cotton T-top with bandana print and beaded trim. Rib knit at neckline, banded bottom and cuffs. Bandana is polyester/cotton blend. Machine-washable cotton sheeting. Made in U.S.A. Color: turquoise. Sizes: S(6-8), M(10-12), L(14-16), XL(18). $29.99 (reg. $32.00). Add $2.50 p&h (1 pr.), $3.50 (2), $4.25 (3). Guaranteed. Old Pueblo Traders®, Dept. HDM1A, P.O. Box 27800, Tucson, AZ 85726-7800.



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SEE AD ON PAGE 39.

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Norman Rockwell poster: One of the last photographs of Norman Rockwell taken by the *Life* photographer Leon Kuzmanoff is now available as a full-color poster. The original hangs in the Rockwell Museum in Stockbridge, Massachusetts. #R-101, 16" x 22" poster size (10" x 15" image size) —$10 plus $3 shipping. VISA and MC. Penelope Peartree Prints Ltd., 508 LaGuardia Place, New York, NY 10012.

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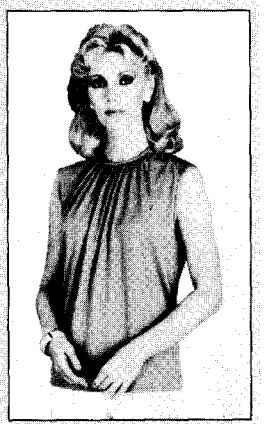

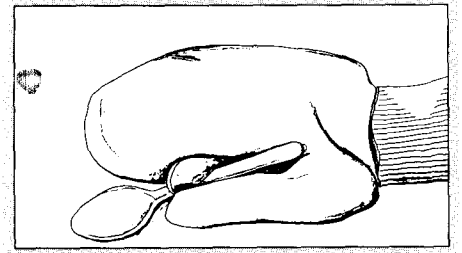

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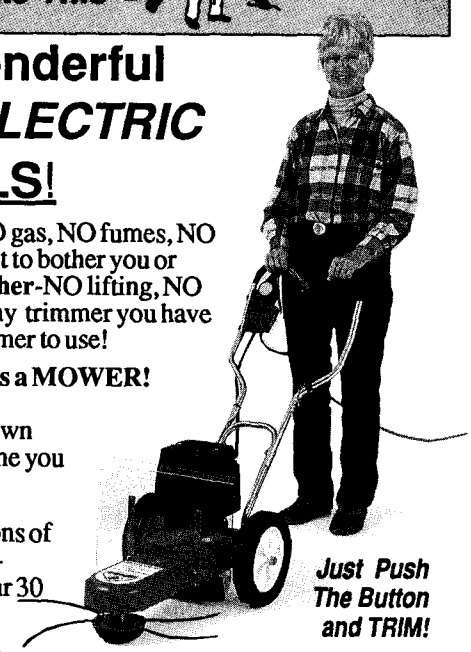

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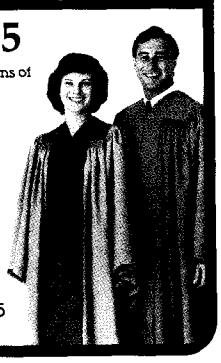

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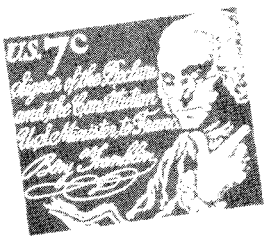

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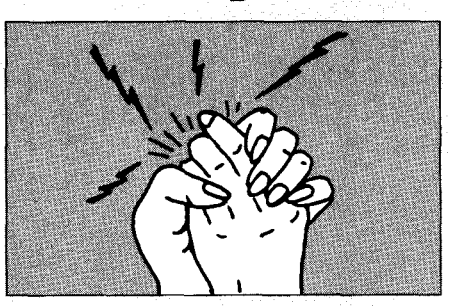

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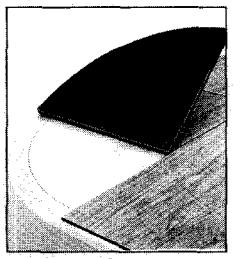

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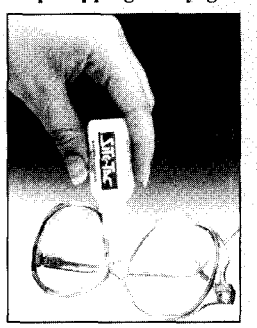

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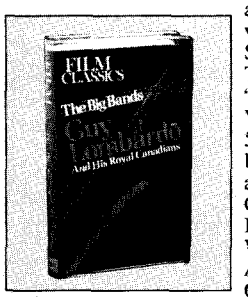

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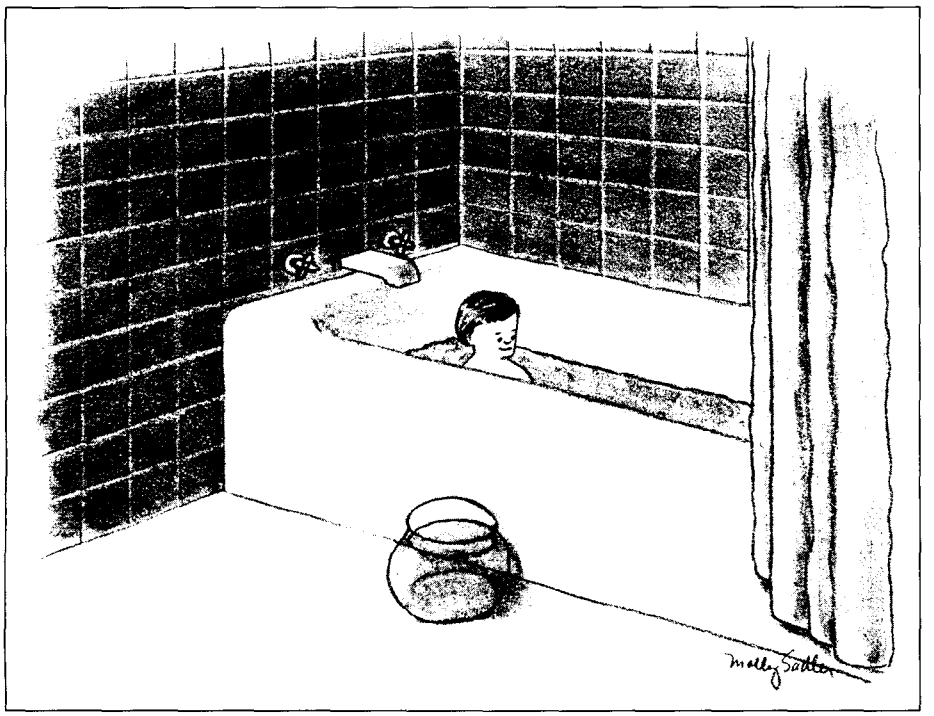

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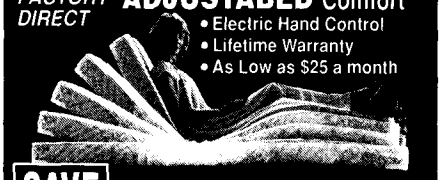

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DAVID(S)
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DRYDEN
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HUTCHE(R)SON
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ISAAC(S)
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JACKMAN
JACK(S)
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JACOB(S)
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JAEGER
JAMES
JAM(I)E)SON
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JEFF(E)RIES
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JUSTICE
KA(I)N(E)
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KAVANA(U)GH
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M(A)CARTHUR
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M(A)CCLINTOCK
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M(A)DOUGALL(L)
M(A)CFADDEN
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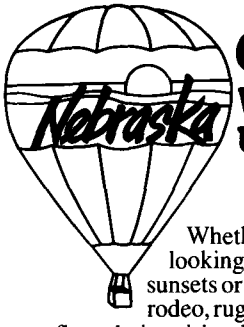

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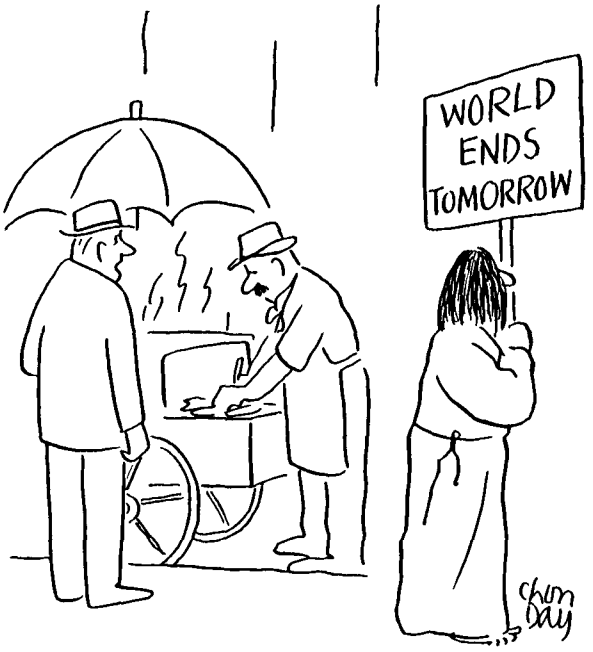
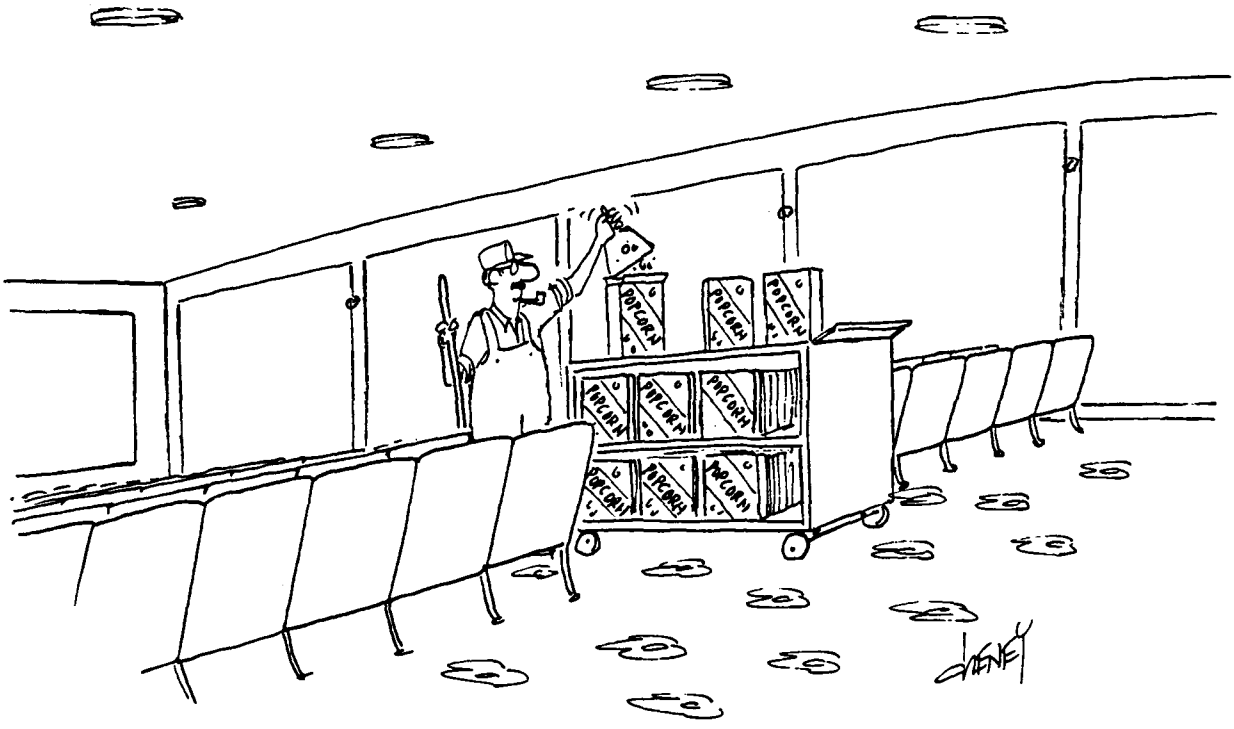


"On second thought, make that with onions."

"Come to think of it, what do bears like to eat?"



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THE NEW NAVY MEMORIAL

By the outer reaches of a vast "ocean," in the world's largest granite world map, stands a lone, defiant seven-foot sailor. "He is the kind of sailor you'd be willing to entrust your life to," says Stanley Bleifield, the sculptor who brought the Lone Sailor into the world. Adds an old navy hand, "It's surprising how people relate to that guy. They take pictures of him, hug him, mumble to him, and children hug his leg."

The Lone Sailor—with accompanying 12-foot bronze compass, twin 75-foot mastlike flagpoles, fountains, cascading water, and pools—is part of Washington, D.C.'s new Navy Memorial, a tribute to the 11 million men and women (5.5 million still living) who have served in the United States Navy since 1775. The memorial, situated between the White House and the Capitol Building across the street from the National Archives, is the last major project in the redevelopment of Pennsylvania Avenue—"America's Main Street"—initiated by President

John F. Kennedy. The memorial's completion is expected in 1991.

Comments Rear Adm. William Thompson, USN (Ret.), president of the Navy Memorial Foundation, "We wanted this fellow, a confident enlisted man with a slight swagger to his walk, to relate to people. He's one of the people with his collar up, his knees locked against the wind, and his hands in his peacoat because he's cold, as he braves the elements in the North Pacific and looks over the horizon at the U.S." Thompson estimates that yearly 5 million people—"No, that's a conservative number. Add another million"—will stop and talk to the 25-year-old petty officer with seven years' naval experience as he stands beside his sea bag.

Pierre Charles L'Enfant, the French-born military engineer whom George Washington hired to lay out the new federal city, first suggested the construction of such a monument 200

continued on page 96

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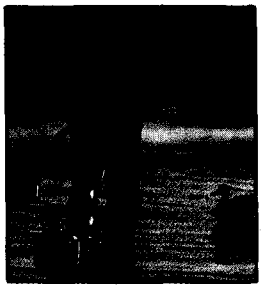

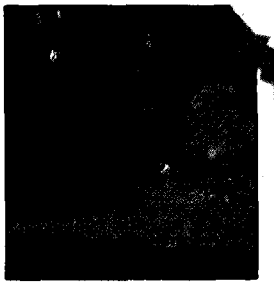

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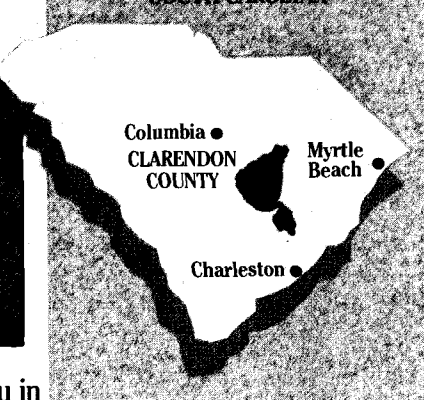

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The big hit from Hugo hasn't slowed down this permanent carnival/state fair with a long history of triumphing over disaster.

By MICHAEL A. STONE

MYRTLE BEACH

And Its Strand of Pearls

During the summer of 1901, in the steambath heat that enveloped the little town of Conway, South Carolina, a group of rumpled passengers sat patiently on the scarred wooden benches of an old railroad car. Finally the secondhand engine, *Black Maria*, chugged reluctantly out of the station. Clouds of smoke and cinders blew through the open windows, blackening the riders' faces and burning small holes in their clothes. Despite the discomfort, the travelers began to laugh and talk excitedly, their spirits buoyed by thoughts of the cool dip in the ocean awaiting them at the end of their journey.

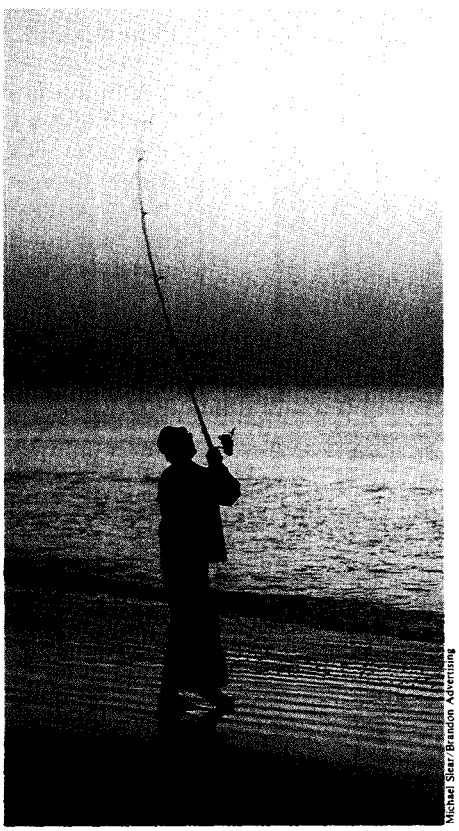
The hardy vacationers were bound for the new Sea Side Inn, 15 miles from Conway. The timber company that owned the railroad—and the land for miles around—had just finished building the oceanfront hotel. In honor of the resort's grand opening, the developers sponsored a contest to name the fledgling community. The myrtle plants growing wild along the dunes provided the inspiration for the winning entry, Myrtle Beach.

Like any new enterprise, the resort was something of a gamble. In those days most people still considered coastal South Carolina's gently rolling dunes and wide, flat beaches as little more than sandy wastelands. As late as 1910, oceanfront lots sold for $25—and the developer threw in a second lot free to buyers who built cottages costing $500 or more. But each year, more and more people found their way to the beach. Some began to build summer houses, and by the time our rail passengers arrived, a small settlement had grown up. With the addition of the hotel, a bathhouse, and a dance pavilion, a resort was born.

• • •

And what a resort.

The waterslides, amusement parks, and giant polka-dotted mushrooms of



Michael Sloan/Brandon Advertising

modern-day Myrtle Beach, South Carolina, may be a far cry from the sophistication of Palm Beach, but that doesn't stop 12 million visitors from spending more than $1.5 billion there each year. Midway visitors in T-shirts and cutoff shorts, golfers in Sans-a-Belt slacks, or beachcombers in vanishing-point swimsuits—they all come in droves, maneuvering their packed cars through the heat and traffic. Like game fish, they strike at different lures. Deep-sea fishermen go for the Gulf Stream, just a few miles offshore. Golfers aim for the area's 60 courses, fishers for the plentiful piers. Parents cart their kids to waterslides and amusement parks. But most of all, they come for the beach.

Myrtle Beach may have grown up at the end of the line, but the timber company couldn't have chosen a better place for a resort if it had tried. Myrtle Beach lies at the hub of the Grand Strand, an area stretching from Georgetown's Winyah Bay to the North Carolina border. That's 60 miles of white beach with a firm, sandy bottom—a superb natural playground.

• • •

The Grand Strand and its capital city have grown at a nearly unbroken pace for nine decades. True, there have been interruptions. Hurricane Hazel flattened the city in 1954 and wiped out most of the old beach cottages. The devastation only served to clear the way for 35 years of uninterrupted boom times, culminating in a high-rise waterfront once dubbed in these pages "Waikiki Beach with a pinch of y'all."

By the end of the summer season of 1989, Myrtle Beach had grown into a fast-food orgy for the eyes. On the road into town, miniature golf courses sprouted brightly painted giant mushrooms, dinosaurs, apes, pirates, and volcanoes. A drive-through Coney Island gone South, with a dash of Disney, it had once claimed the largest roller coaster in the world, and without orchestrated fanfare its environs became the third-largest tourist draw on the East Coast, complete with full-size amusement parks operating in the center of town; restaurants serving fresh seafood and the "famous foot-long" hot dog; and, along the beach, gleaming towers, expensive oceanfront houses, and mom-and-pop motels all jumbled together.

But a few short weeks later, the carnival streets of Myrtle Beach had lost more than just the summer bustle and the constant traffic of autos circling, searching for a place to park. Scattered beachcombers drawn to the off-season waterfront were silhouetted by a strange new addition to the Myrtle Beach waterfront—heavy equipment

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At DeBordieu, South Carolina, an oceanfront residential development, visitors pass a guard at the entrance gate and drive through miles of undeveloped forest before they reach a "golf villa," a white-carpeted condo that could swallow three couples (and a good-sized house) with ease. The neighboring clubhouse is a confection of marble and heart pine floors, antiques, brocaded chairs, and wood paneling. From a quiet table in the sun, downtown Myrtle Beach seems a world away. Yet one can drive there in half an hour.

Myrtle Beach's neighboring communities each have distinct personalities. The Grand Strand begins at Georgetown, the "Ghost Capital of the South," said to be the home of more than 300 spirits, including the ghost of a saber-decapitated British sentry who prowls the Black River Swamp with a hurricane lamp, looking for his head. The town is also a seaport with a long history, the site of the first European settlement in what is now the United States. The Church of Prince George Winyah, the Old Slave Market, and the Winyah Indigo Society Hall are just a few of the structures that have put the Georgetown Historic District on the National Register of Historic Places.

Yet like the rest of the Grand Strand, Georgetown has its paradoxes. After crossing the bridge over Winyah Bay, the road into town passes through an industrial complex: the "gateway to the Grand Strand" is, literally, a paper mill.

Farther up the coast is Litchfield, also steeped in supernatural lore. Litchfield Plantation, now a private residential development, was once a rice plantation belonging to a Dr. Henry Tucker. When the doctor returned from sick calls late at night, he was in the habit of signaling the servants by ringing the bell at the plantation's gate. Nothing odd about that—except that the bell continued to ring, a single ghostly chime each evening, long after the doctor died in 1904.

From Litchfield on up the coast, the Grand Strand continues through settlements like Murrells Inlet, Garden City Beach, and Surfside Beach. At Pawleys Island, many summer residents scorn newfangled air-conditioning in favor of sea breezes. The ocean is never far away; much of the island is only wide enough for a single two-lane road behind a row of beach houses. Most of the weathered structures seemed to have survived Hurricane Hugo, but several were smashed beyond repair—including one the storm had blown over to the mainland. Refrigerators, washing machines, and other debris from Pawleys households were blown a mile away across the inlet of saltwater marsh that separates the island from the rest of the state. They were piled to ceiling height against the back doors of some residences.

The capital of the Grand Strand, Myrtle Beach is the focal point of its own diverse resort empire. The accommodations range from campgrounds and economy motels costing a few dollars a night to elaborate beach houses that rent for thousands per week. Some of the most reasonable rentals are in semi-private planned communities, sometimes called "plantations." Developed under strict controls, they have the look of residential country clubs.

North of Myrtle Beach, the Strand continues through Windy Hill Beach and Cherry Grove Beach. At the North Carolina border, the Intracoastal Waterway pours into the Atlantic—the first major break in 60 miles of beach and the official end of the Grand Strand. *–M.A.S.*

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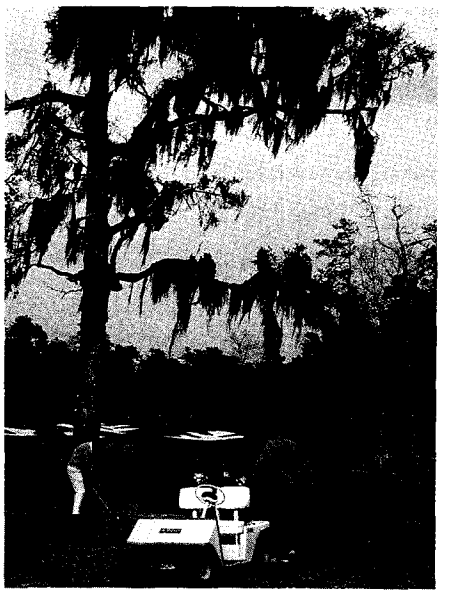
for rebuilding the famous beach lost to Hurricane Hugo, the September 1989 monster that had stunned the southeast seaboard.

Beyond the machinery stood the remains of one of the city's fishing piers. Just a few months before, the boardwalk had jutted toward the horizon, a sturdy bridge to nowhere. Fishermen in baseball caps clustered along the edges, separated from each other by ice chests filled with cold beer and bait. Now all that remained were stumps of pilings, broken witnesses to nature's final supremacy.

Unlike the devastation wreaked to the south—tiny McClellanville was almost obliterated, and mile after mile of foot-thick pine trees were snapped off like so many toothpicks in the Francis Marion National Forest—Myrtle Beach was spared the worst fury of the storm. But much of the beach was washed away, and all ten fishing piers on the Grand Strand (including three in Myrtle Beach) were lost. Many of the buildings on the beach suffered water damage when the storm-driven sea washed over the sand dunes and through hotel lobbies.

Months later, a few cracked walls and broken windows were still visible. But already fresh paint was everywhere in evidence. Giant trucks had begun dumping 380,00 cubic yards of sand (100,000 truckloads) on the beach. The first of the new fishing piers was scheduled for reopening the next August. A local official said, "The goal is to be up and running by March 1"—the beginning of the Canadian/American Days Festival that kicks off the tourist season.

An ambitious goal, but the city



seemed ready to reach it. After all, if Hazel's knockout hadn't kept Myrtle Beach off its feet for long, a jab from Hugo should hardly slow it down.

The writer spent his formative summers far from Myrtle Beach and its environs. Yet even a winter afternoon instantly evoked memories of childhood vacations at the shore. The town has that effect—even if you grew up a thousand miles from the nearest ocean. I found myself eagerly trying to spot each new species of giant mushroom and dinosaur.

Myrtle Beach can be as much fun as a town-size amusement park. And for those who seek a different kind of escape, there are quiet hideaways nearby. Perhaps that's why the Grand Strand has become one of the East Coast's most popular resorts, the billion-dollar payoff to the bet placed 90 years ago at the Sea Side Inn.

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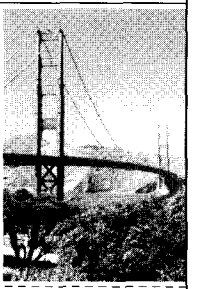

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Popped Corn Takes the Cake . . . When It Comes to Health Food Snacks

Dr. James Anderson, a leading fiber authority, visits *Post* test kitchens and gives his stamp of approval for Popped Corn Cakes—the health food snack chosen as our health food of the month by *Post* editors, including Maynard Good Stoddard (left).

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And when it comes to popping the question, 35 cups of what snack food are equal in calories to one cup of peanuts? Potato chips? Way off. Corn chips? Ridiculous. Pretzels? Don't be silly. The answer is good old unadorned popped corn. And it's popped corn made into butter-flavored cakes that adorns our menu this month for all health-concerned readers who support the research work of the non-profit Saturday Evening Post Society.

Search the shelves—go ahead, we'll wait. Can you find another snack food that offers all the goodness of whole grains with great-tasting flavor and only 35 calories per nine-gram serving? A fat chance. Quaker's Butter-Flavored Popped Corn Cakes are made of degerminated milled corn, whole-grain brown rice, a smidgen of salt, and natural butter flavor (not real butter, we hasten to add). No cholesterol, of course, and no fat.

Our readers have long been familiar with Dr. James Anderson's work as a professor of medicine and clinical nutrition at the University of Kentucky in Lexington. In our test kitchens, he gave his nod of approval to Quaker's claim that this exciting new product contains no fat or cholesterol and is low in sodium with just 55 milligrams of sodium per serving. "This is a real good choice," he said. "You know, 35 cups of unadorned popcorn is equal in calories to one cup of peanuts."

The Boston Pops, under the direction of John Williams, is tops in pleasing the ear. But when it comes to pleasing the taste buds, Butter-Flavored Popped Corn Cakes, under the direction of the Quaker Oats Company, create their own symphony of nutrition in a light snack with all the traditional benefits of a Quaker Rice Cake.

This month we are inviting you to taste and test these tempting cakes for yourself. Included with the invitation is a request for a tax-deductible gift that will help extend the efforts of your Society. Only with the continued support of our generous volunteers are we able to forge ahead, ever widening our knowledge of today's killer diseases and delving into their causes and possible cures.

It is for your own good health that we have chosen to thank you for this generosity with a snack that doesn't sneak up on you, crudding your arteries and causing your talking bathroom scales to cry out, "One at a time, please!"

The amount of your gift, of course, is up to you. The revised expression "Give till it feels good," however, was never more applicable than in your contribution to the Society's drive for a healthier nation. If you can think of a better cause, forget the contribution. But *do* change your snacking favorites to Quaker's Butter-Flavored Popped Corn Cakes. At least *you* will be healthier for it.

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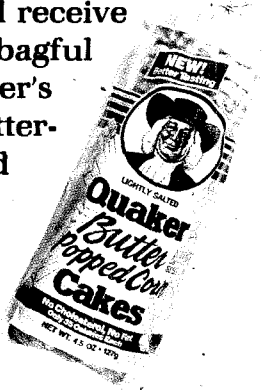

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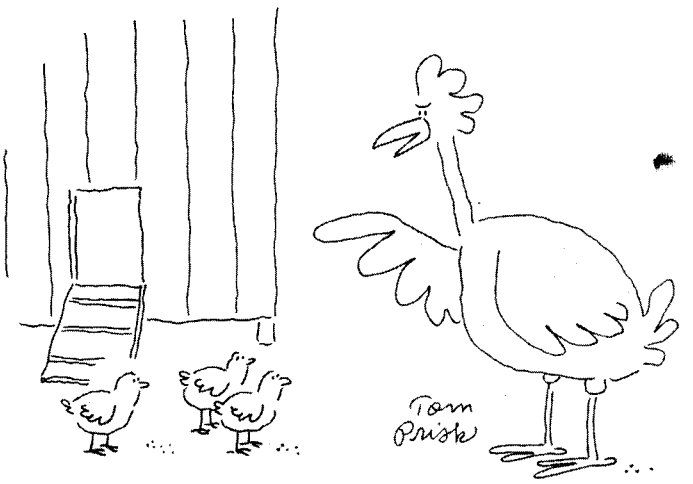
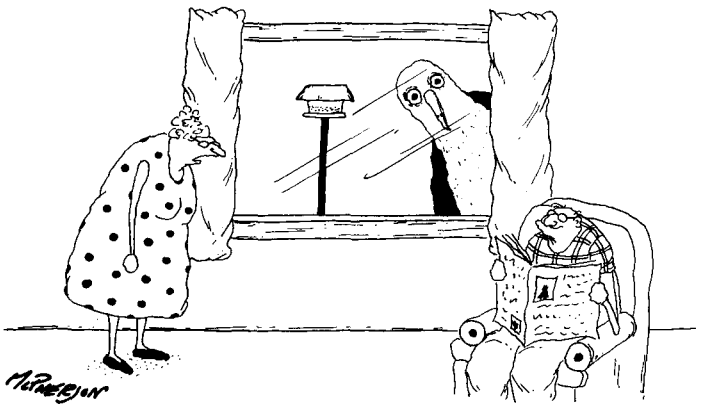
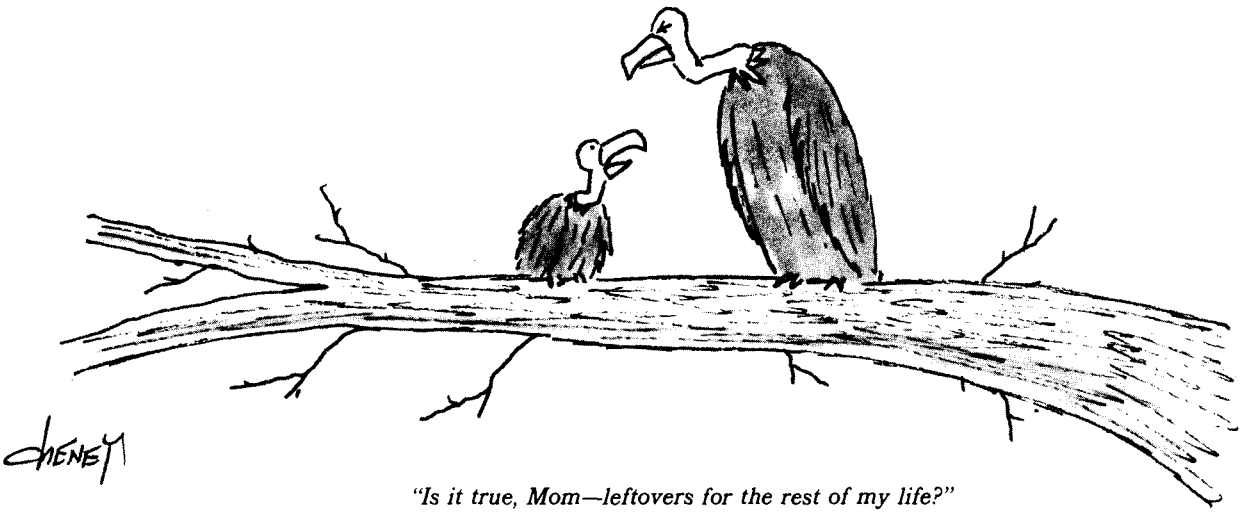


"If your father knew how bad you've been, he'd turn over in his gravy!"

"If you ask me, feeding them has just made them soft."



"I think you got the birdseed and the lawn fertilizer mixed up."



"Is it true, Mom—leftovers for the rest of my life?"

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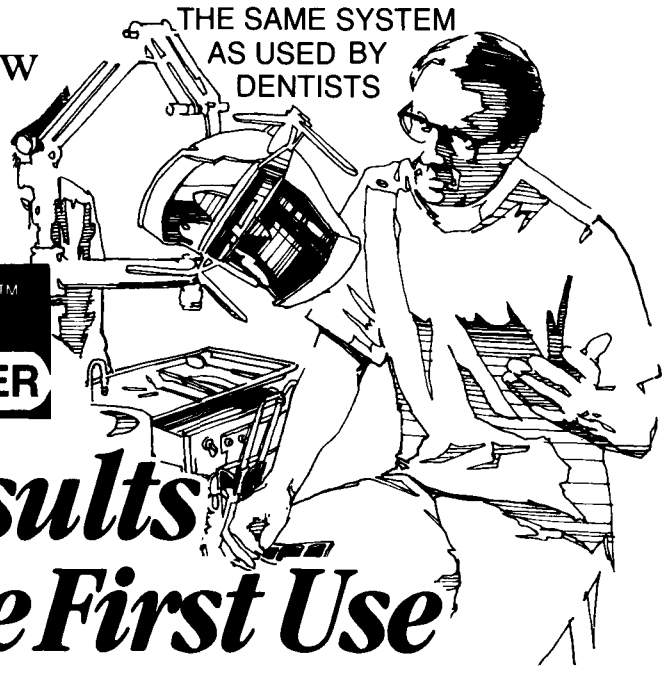

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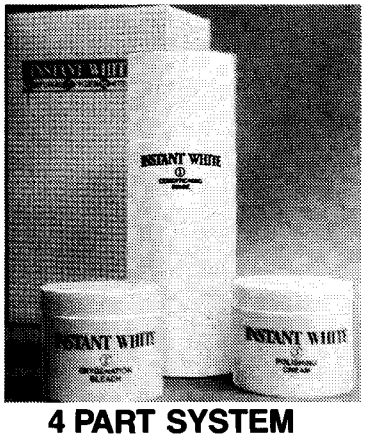

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FISH ARE JUMPING

Catfish are suddenly chic. Once the staple of Dixie Dwellers, now the delectable farm-fresh fillets are being marinated, poached, and paired with pasta.

No longer a Southern secret, catfish are a whisker away from international fame. Why are the fish jumpin' in popularity and their farms flourishing across the country? Credit goes to a newly discovered versatility and to endorsements by such notable gourmands as Craig Claiborne and Willard Scott. Claiborne, the food editor of the *New York Times*, actually creates French menus around the farm-fresh fillets, and "Today Show" weatherman Scott calls catfish the unsung hero of American seafood.

"Fish is the original 'fast food,'" adds Dr. Joyce Nettleton, a nutrition and dietetics lecturer at Tufts University. "It takes minutes to prepare, but it offers the nutritional benefits that most fast foods lack. Farm-raised catfish, in particular, is low in calories, cholesterol, and fat, and high in protein and important nutrients."

The new catfish cuisine pairs the mild-flavored fish with everything from pasta to pecans in recipes ranging from appetizers to light summer salads and catfish shish kebabs. The celebrity chef Wolfgang Puck serves Sizzling Catfish as a signature dish at his trendy Chinois on Mainstreet restaurant in Los Angeles.

You don't have to own a popular watering hole to be a catfish connoisseur. You can make up your own recipes at home. Catfish can be blackened, steamed, grilled, stir-fried, broiled, or barbecued. It can be added to soups and stews or substituted in any dish calling for chicken breast. Overcooking is no problem, because the fat in catfish (mostly the healthful monounsaturated kind) prevents fillets from drying out should they be left in the oven too long.

If you get hooked on catfish this summer, you won't have to put your palate on hold come September. Catfish are harvested year-round—Mississippi alone can process more than 6 million pounds a week—and are readily available. Even if you live far from the South's famous catfish ponds, you're assured freshness because of the hurry-up harvesting procedure. When the fish weigh about a pound each, they are gathered with nets and shipped live to the processing plants. Within 30 minutes they are quick-frozen and ready for shipment.

Now that catfish are so convenient, Southerners can't keep their long-held secret: catfish flavor, far from being strong, is actually adaptable to almost any ingredient. (The following recipes bear this out.) The rest of the country is finally catching on.

Pasta with Catfish and Artichokes

(Makes 8 servings)

1 cup sliced artichoke hearts
1 red pepper, cut in julienne strips
1 carrot, cut in julienne strips
1 zucchini, cut in julienne strips
1 1/2 tablespoons margarine
1/2 tablespoon oil
2 Mississippi farm-raised catfish fillets
2/3 cup low-fat milk
1/4 pound angel-hair pasta or vermicelli
1/2 cup grated Parmesan cheese
1/4 teaspoon ground nutmeg

Sauté artichokes, red pepper, carrot strips, and zucchini in melted margarine and oil. Cut catfish in half crosswise and slice into thin strips; add to vegetables. Cook until tender. Stir in low-fat milk; keep warm.

Cook pasta according to directions and drain. Toss well with milk mixture and cheese. Sprinkle with nutmeg. Serve immediately.

Catfish Salad

(Makes 4 servings)

2 Mississippi farm-raised catfish fillets, cut in cubes
1 yellow or red pepper, roasted and cut into strips
1 small red onion, sliced
1 tablespoon chopped fresh dill or *1/2 teaspoon dried*
1/4 cup olive oil
1/4 cup balsamic or red wine vinegar
2 cups torn arugula or romaine leaves
3 ounces blue cheese, crumbled

Farm-raised catfish becomes a light and elegant appetizer when prepared with vegetables and vermicelli in Pasta with Catfish and Artichokes.

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Salt and pepper, if desired

Place catfish cubes in skillet; add water to cover. Simmer 5-7 minutes or until catfish flakes easily. Drain.

In large bowl, combine catfish cubes, yellow pepper strips, red onion rings, dill, oil, and vinegar. Cover and marinate 1 hour. Just before serving, toss with lettuce leaves or arugula, and blue cheese. Salt and pepper to taste.

Stir-Fried Catfish
(Makes 4 servings)

4 farm-raised catfish fillets
3 tablespoons lemon juice
3 tablespoons soy sauce
3 tablespoons vegetable oil
1 cup thinly sliced red pepper
1 cup sliced celery
1 cup snow peas
1 cup sliced fresh mushrooms
2 tablespoons cornstarch
3/4 cup water
1 teaspoon salt
1/4 teaspoon pepper
Hot cooked rice

Cut fillets into 2" x 3/4" strips. Combine lemon juice and soy sauce. Add fish; let stand 20 minutes. Add 2 tablespoons oil to wok or large skillet. Heat over medium-high heat 2 minutes. Add red pepper; stir-fry 2 minutes. Add celery, snow peas, and mushrooms; stir-fry 2 minutes. Remove vegetables; set aside. Add remaining tablespoon oil to wok; heat over medium-high heat 2 minutes. Drain fish; reserve marinade. Add fish to wok; stir-fry 2 minutes or until fish flakes easily. Return vegetables to wok. Combine cornstarch, water, salt, pepper, and reserved marinade; stir until smooth. Add to wok and cook 2 minutes or until slightly thickened. Serve over hot cooked rice.

Broiled Catfish Fillets
(Makes 4 servings)

4 Mississippi farm-raised catfish fillets
1/2 teaspoon garlic salt
1/2 teaspoon lemon pepper
Lemon wedges

Sprinkle fillets with garlic salt and lemon pepper. Preheat broiler pan 5 minutes. Coat with shortening spray. Place catfish fillets on broiler pan. Broil 3" from heat 4-6 minutes until catfish flakes easily. Garnish with lemon wedges.

Grilled Catfish
(Makes 4 servings)

4 farm-raised catfish steaks (or fillets)
1/4 teaspoon white pepper
1/2 teaspoon garlic salt

Sprinkle steaks with pepper and garlic salt. Place steaks on greased grill over hot coals. (Use fish-grilling basket to grill fillets.) Grill 10 minutes per inch of thickness, turning once, until fish flakes easily.

Crunchy Broiled Catfish Kabobs
(Makes 6 servings)

6 Mississippi Prime farm-raised catfish fillets
3 corn on the cob, cooked

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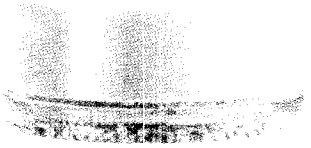
Spike & the potato, a natural flavor combination.



No matter what's on the menu, Spike brings the flavor to life. Created in Italy by renowned gourmet nutritionist Gayelord Hauser, Spike is a tantilizing blend of 39 herbs, spices and exotic flavors, with just the right amount of natural salt crystals. Savor it on salads, dressings, dips and hors d'oeuvres. Sprinkle it on anything... from the simplest of snacks to the most sumptuous main course... for a truly unique taste experience.

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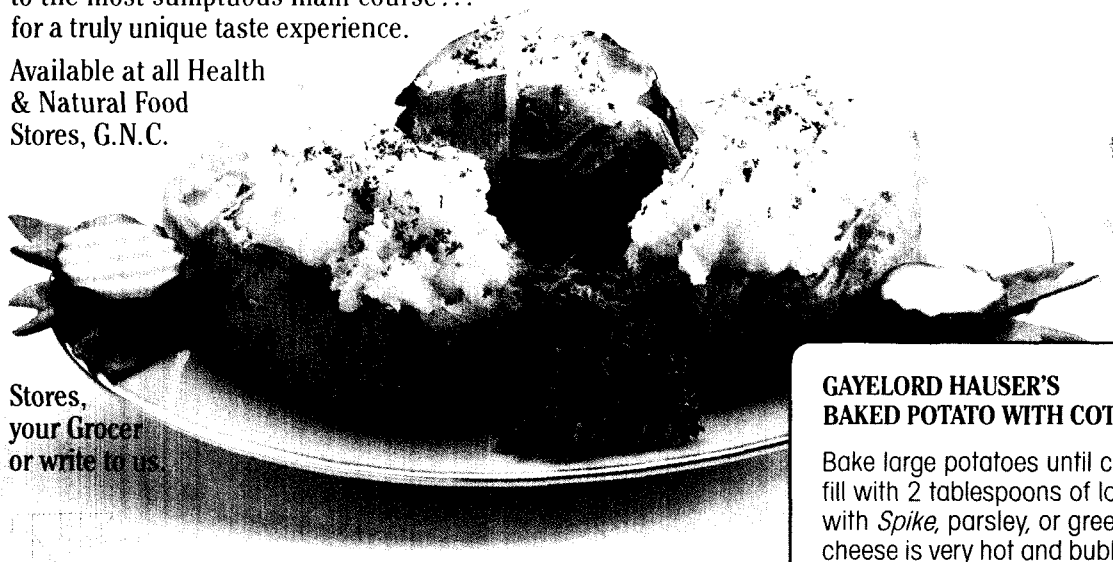

Stores, your Grocer or write to us.

GAYELORD HAUSER'S BAKED POTATO WITH COTTAGE CHEESE

Bake large potatoes until crisp and mealy. Slit potato and fill with 2 tablespoons of low-fat cottage cheese. Sprinkle with *Spike*, parsley, or green onion. Put back in oven until cheese is very hot and bubbly.

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2 red peppers, cut into 2" pieces
1/2 cup vegetable oil
1/2 cup teriyaki sauce (or soy sauce)
1/2 cup finely chopped onion
1/3 cup fresh lemon juice
1 tablespoon sugar
2 cloves garlic, minced
1 teaspoon ground coriander
1/4 teaspoon liquid hot pepper sauce
1 cup herb-seasoned bread crumbs
2 limes, cut into wedges
Cooked rice
Parsley sprigs

Cut fish into 2" pieces. Cut each ear of corn into 4 pieces. In large shallow dish, combine fish, corn, red pepper, oil, teriyaki sauce, onion, lemon juice, sugar, garlic, coriander, and hot pepper sauce; mix well. Cover and refrigerate 1 hour; stir occasionally.

Preheat broiler 5 minutes. Drain fish and vegetables; reserve marinade. Roll fish pieces in bread crumbs. Thread fish, vegetables, and lime wedges, alternating, on 6 skewers about 16" long. Place on greased broiler pan. Broil about 8"-10" from heat 8-10 minutes, turning and basting with marinade, until fish flakes easily. Serve kabobs over cooked rice. Garnish with parsley sprigs.

Catfish and Shrimp Soup
(Makes 8 servings)

2 tablespoons olive oil
2 cups chopped onion
2 cloves garlic, minced
28 ounces canned or fresh tomatoes
3 tablespoons tomato paste
1 bay leaf
4 cups water
1 cup dry white wine
8 ounces bottled or fresh clam juice
1/2 pound shelled medium shrimp
2 Mississippi farm-raised catfish fillets, cut into 1" cubes
1/2 teaspoon salt, if desired
1/4 teaspoon pepper
Coriander or parsley
Lemon slices

In large soup pot, heat oil. Sauté onion and garlic until onions are transparent. Add tomatoes, tomato paste, and bay leaf. Cover and simmer 25 minutes. Add water, white wine, and clam juice. Simmer, uncovered, 45 minutes. Add shrimp, catfish, salt, and pepper. Cook 10 minutes or until catfish flakes easily. Remove bay leaf. Garnish each serving with chopped coriander or parsley and lemon slices.

Catfish en Papillote
(Makes 4 servings)

Catfish can even be prepared in a microwave oven, but don't worry if you're not Julia Child in the kitchen. You can serve farm-raised catfish with a twist—of paper, that is—when you prepare Catfish en Papillote. This quick and easy presentation is low in fat and high in flavor.

1 tablespoon soy sauce
3 tablespoons dry sherry
2 tablespoons chopped scallions
1/4 teaspoon ground ginger
4 Mississippi Prime farm-raised catfish fillets, cut into 2" cubes
1 red pepper, julienned
8 lemon slices

In medium bowl, combine soy sauce, sherry, scallions, ginger, and catfish cubes. Cut 4 12" x 12" square pieces of parchment paper. Fold paper to form triangle; open. Place catfish in paper. Top with pepper strips and 2 slices of lemon per packet. Spoon sauce over mixture. Close paper to reform triangle. Crimp edges to seal

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tightly. Place 2 packets on microwave-safe plate. Microwave at High 6 minutes. Let stand about 1 minute. Repeat with remaining 2 packets. Arrange packets on serving plates. Open carefully at table.

Conventional directions: preheat oven to 450° F. Place crimped packets on baking sheet; bake 10-12 minutes. Open carefully at table.

Mexican Catfish Salad
(Makes 4 servings)

2 tablespoons lime juice
1 tablespoon cilantro, chopped, or *1/2 teaspoon ground coriander*
1/2 small jalapeño pepper, finely chopped, or *1/4 teaspoon cayenne*
1 clove garlic, minced
1 teaspoon salt, if desired
1/3 cup olive oil
2 Mississippi Prime farm-raised catfish fillets, cut into strips
6 cups salad greens, washed and torn into bite-sized pieces
2 ripe tomatoes, cut into wedges
1 ripe avocado, peeled and sliced
1/2 cup fresh or canned corn

Make marinade dressing by combining lime juice, cilantro, pepper, garlic, salt, and olive oil in jar with tight-fitting lid. Shake to blend ingredients, and pour half over catfish strips in shallow dish. Cover with plastic wrap and marinade in refrigerator 30 minutes. Transfer to broiler pan and broil 4 minutes on each side. Line 4 salad plates with salad greens; arrange catfish, tomato wedges, and avocado slices on lettuce, and top with corn. Drizzle remaining dressing over each plate and serve.

Moroccan Catfish Couscous
(Makes 4-6 servings)

"Couscous" takes its name from a semolina cereal indigenous to Morocco and other North African countries. Traditionally, this stew is prepared with chicken or lamb.

1/4 cup slivered almonds
2 tablespoons olive oil
1 medium onion, chopped
2 cloves garlic, minced
2 medium carrots, cut on the diagonal
1 small red bell pepper, cut into strips
1 teaspoon ground coriander
1/2 teaspoon cayenne pepper
1 3/4 cups chicken stock
2 cups water
4 Mississippi Prime farm-raised catfish fillets, cut into 2" strips
1 cup canned chickpeas, drained
1 medium zucchini, cut in half lengthwise, then into 1" strips
1 cup couscous or rice

Place almonds on baking sheet and toast in 350° F. oven 8-10 minutes until golden brown; set aside. Heat oil in large heavy skillet, add onions, and cook over medium heat until softened, about 5 minutes. Add garlic, carrots, peppers, seasonings, chicken broth, and water. Bring to boil and cook 5 minutes. Reduce heat; add catfish, chickpeas, and zucchini; and simmer 12-15 minutes until catfish flakes easily with fork.

Prepare couscous or rice according to package directions. Mound prepared couscous or rice on large serving platter; make a well in center. Fill well with catfish and vegetables, reserving some of cooking broth, and sprinkle with toasted almonds. Serve remaining cooking broth separately to be spooned over individual servings.

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Grandfatherhood

continued from page 57

I will therefore give him a shiny, genuine big silver nickel if he will help Grandpa plant the garden by dropping peas in the furrow Grandpa is digging. Grandma has to get into the act by raising the ante to a shiny big quarter. Grandpa spends the next hour gathering up the peas scattered from the strawberry patch to the bird feeder. The few that by chance happened to fall into the furrow have been carefully covered with leaves the kid has pulled off my half-grown lettuce plants. How come? Simple. So the peas wouldn't get cold, of course. Grandmother thinks it's so cute she gives the kid an extra quarter.

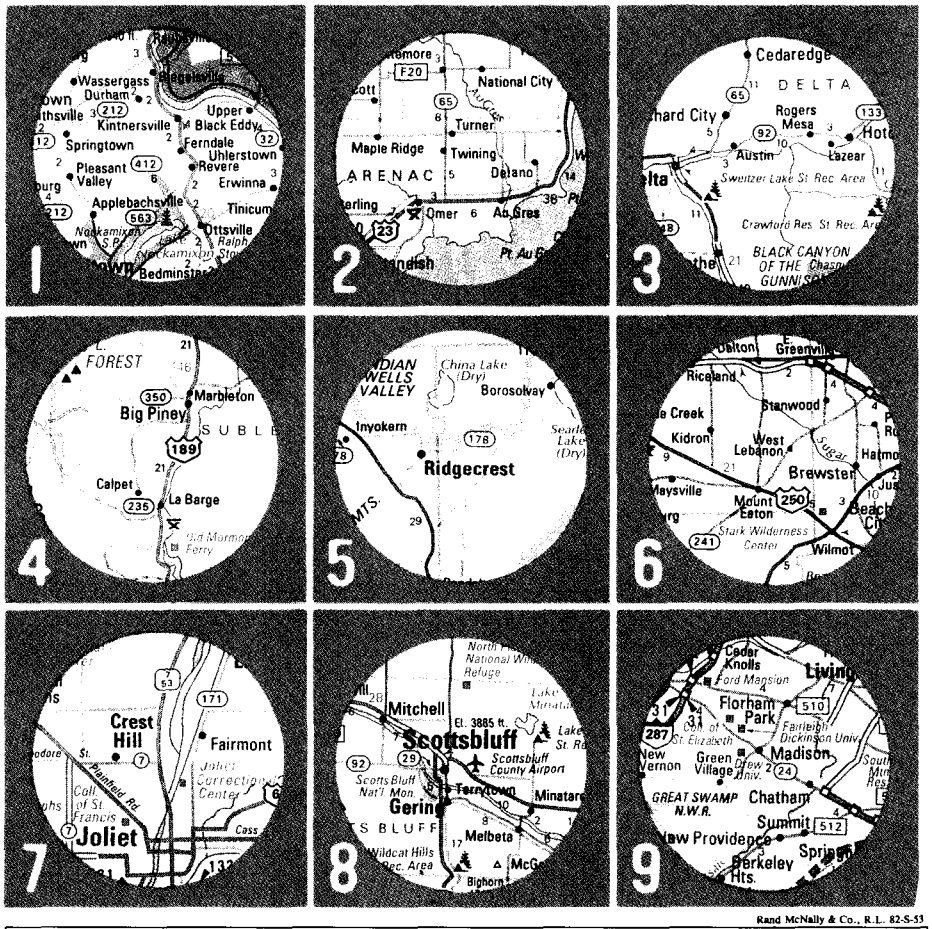
Something else that's so cute in the grandfather-grandchild relationship is the "horsy-back ride." It wouldn't be quite so cute if Grandmother just once would assume the role of "horsy." I had no more than gotten my spine nicely straightened out after having to prance around the living room on all fours than along comes this next generation to bounce up and down on my unprotected kidneys. A kid can weigh up to 120 pounds and his little feet can be dragging on the floor—no matter, he must have his turn. Three days after one of these delightful family get-togethers, I'm still walking like a man carrying a sack of cement over his shoulder.

At this latest such delightful gathering, little Stephanie, four, trying for five, approached me with a question: "Is your name May-nord?"

"Close to it," I replied sweetly (sweetly for me, anyway).

"That's a funky name," she said.

Although I'm not sure what funky means, I have a feeling I'm going to have trouble with this kid too.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 109)

Navy Memorial

continued from page 83

years ago "to consecrate" the navy's "progress and achievements." A decade after planning finally began, the U.S. Navy Memorial was dedicated on October 13, 1987, the navy's 212th birthday.

During the festivities, James H. Webb, Jr., secretary of the navy, said, "We don't send a naval force into a crisis, and we don't send ships. We send people. This memorial commemorates them." President Ronald Reagan spoke of American sailors "who have etched an indelible record of courage in the logbook of liberty."

Besides the Lone Sailor, the multimillion-dollar project, financed entirely by some 150,000 private contributors—mostly $25 gifts from navy veterans—features a 100-foot circular granite plaza constructed as a map of 90 percent of the world's land with Washington, D.C., at its center. Colored granite inlays set off sea and land areas. The Defense Mapping Agency provided a computerized enlargement of a one-tenth-scale projection. Persons between 5 and 6 feet tall are at a scale height of 600 to 700 miles above the earth depicted on the grid.

Visitors can better appreciate the Soviet Union's vastness by taking 20 paces to cross that country from the Pacific to the Baltic. A comparable journey across the United States takes only 7 steps.

In warm weather the plaza will serve as an amphitheater for the Concert on the Avenue series. Beginning May 28, the U.S. Navy Band will perform each Thursday evening; subsets of the band—Country Current (country and bluegrass), the Commodores (jazz/Big Band), and the Sea Chanters—will also get in their licks. The crowd is expected to average 1,600 people, but "we can get 5,000 if they're well-acquainted, sitting on the walls and across the street on the sidewalk," Thompson said. "The police may cut off the street if it gets really crowded."

Surrounding the grid map on the south side are two granite walls that will display 22 bronze bas relief panels depicting events in navy history. Twin 12-story neoclassical office and residential condominium buildings will go up on the dirt-and-gravel wasteland on the Memorial's northern side. One of the buildings will house the 22,000-square-foot Visitors Center, scheduled

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to open in 1991, which will offer a panorama of navy history through films, displays, photographs, models and memorabilia, exhibits, and the Navy Memorial Log Room. The last is a permanent record of present and former navy members who have entered their own names or on whose behalf contributions have been made toward the building of the memorial.

Five interactive kiosks in the Visitors Center will feature history, battles, planes, ships, and technological innovations transferred from navy research to the private sector.

Information about contributing to the memorial log can be obtained by calling 1-800-424-2733, ext. 9012. Information about the Navy Memorial in general is available from the United States Navy Memorial Foundation, Box 12728, Arlington, VA 22209. Phone: 1-800-821-8892.

—Carolyn Hughes Crowley

Bulb of Benevolence

continued from page 27

set aside. Reserve remaining soup.

With fingers, separate skin from breasts at one end to make a pocket. Rub pepper into flesh of each breast. Stuff 1/4 of spinach mixture into each pocket. Secure skin to flesh with toothpicks. Place in greased 8" x 8" baking pan. Dot breasts with remaining 1 tablespoon butter. Bake at 375° F. 25 minutes or until meat is tender.

Meanwhile, in 1-quart saucepan over medium heat, heat reserved soup, milk, and paprika until hot.

To serve: Remove toothpicks from chicken; slice and arrange on serving platter. Spoon sauce around chicken.

Provence Cauliflower
(Makes 4 servings)

1 medium-size cauliflower

Sauce:
3 cloves garlic
1 egg or equivalent egg substitute
1 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon wine vinegar
1/2 cup olive oil
4 pimiento strips
12 capers

Cook cauliflower until just tender. While it cooks, make sauce: Mince garlic and place in blender or food processor. Add egg, salt, pepper, and vinegar. Spin 2 seconds. Start adding oil through top opening very, very gradually. Sauce will thicken, and as it does oil can be added a little more rapidly. Taste sauce for seasoning.

Arrange cooked cauliflower on shallow platter. Cover with sauce. Arrange pimiento strips and anchovy fillets in a star fashion on cauliflower and dot with capers. This is delicious served with roast lamb.

Garlic Piperade Soup
(Makes 4 servings)

20 garlic cloves
2 cups sliced onions
1 cup sliced green peppers
1/2 tablespoon oil, preferably olive
3 cups peeled, seeded, sliced ripe tomatoes (or use canned)
2 cups beef broth
2 slices crustless dark bread, cubed
Freshly ground black pepper to taste
Grated Parmesan for garnish, if desired

Blanch garlic cloves in boiling water 30 seconds, rinse under cold water, drain, and peel. Slice garlic thinly.

In large saucepan, sauté onions and peppers in oil until soft and golden, about 8-10 minutes. Add garlic and tomatoes. Reduce heat, cover pan, and tightly simmer vegetables 30 minutes.

Pour in broth, and heat soup just to boil. Add bread cubes to thicken soup to desired consistency. Add pepper, and serve soup with grated cheese, if desired.

Preparation tip: Soup thickness can be adjusted by adding more or fewer bread cubes. If soup gets too thick, thin with additional broth or water.

"Home Videos"

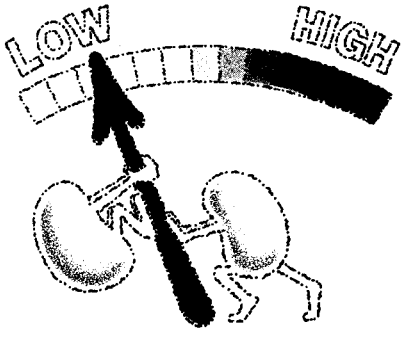
continued from page 55

him."

When Saget goes to his own home, he's met by his wife, Sherri (who practiced law for a time); Aubrey Michelle; and Lara, three months. "Bob loves to turn off the show biz face, walk in the door at home, and turn into a family guy," David Coulier says. "He has the capacity to be 'on' almost anytime it's required in terms of the business, but he relishes the real family aspect. Before he got 'Home Videos,' I was after him to put a tour together—the two of us—when we were on hiatus from 'Full House.' You know, take advantage of all of our

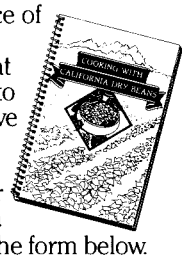
continued on page 105

If you think only oat bran lowers your cholesterol...



you don't know beans.

So perhaps an introduction is in order. Beans, like bran, are high in soluble fiber. Which means they can actually help lower your cholesterol. As well as your chance of heart disease.



Of course, if all that sounds a little bland to you, listen to this. We've got 96 delicious ways to prepare beans in our new 80-page color cookbook. To give it a taste test, just fill out the form below. And if after 15 days you feel our cookbook isn't worth beans, just return it for a full refund. Not that you'll ever want to.

Because we're sure you'll agree that beans are great. Once you get to know them.

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MEDICAL MAILBOX
by Cory SerVaas M.D.

We can make these times better if we bestir ourselves.—Benjamin Franklin

Worth Praying For

Dear Dr. SerVaas:

I am 54 years old and have severe emphysema. In your March column you wrote about Congressman Floyd Spence receiving a double-lung transplant. This is such exciting news to someone like me. I am looking into this possibly being a miracle that I could experience. I spend much of my time sitting, and the thought of being able to have new lungs and really live again is a joy I pray for.

You mentioned in your answer to the emphysema patient in March that you had sent her some earlier *Post* articles on the disease. Could you possibly send me the articles that you were referring to? I would appreciate it so much.

Thank you for your time and giving me new hope.

Patricia E. Davis
Scottsdale, Arizona

Dr. Joel Cooper gave Patsy Ruff new lungs and a new lease on life. He has now completed 44 such transplants. Dr. Seshadri Raju sent Representative Floyd Spence back to Congress with new lungs.

Dear Dr. SerVaas:

My husband has now been diagnosed with emphysema in early stages after 50 years of smoking. He stopped four years ago.

We've just read your article on "An Emphysema Victory" in the March *Post*.

My husband will be 70 next October 24.

He does go alpine skiing about three times a week but gets no other exercise—nothing steady.

I would like to have any early *Post* emphysema articles you may have. I always learn much from your articles, and I certainly appreciate the *Post* having you on its staff.

Mrs. Frederick Dierks
Steamboat Plaza, Colorado

"Will I have to wait long to see the doctor?"

Lungs are Giving Up

Dear Dr. SerVaas:

I wrote to you about lung transplants in November '88 after seeing Patsy Ruff's article. She in turn wrote to me. I have written to Dr. Joel Cooper, Barnes Hospital, St. Louis, Missouri. So far, he is not operating on 67-year-old people.

I'm on oxygen full-time and ready to give up. I should say my lungs are giving up.

I would appreciate the address of Congressman Floyd Spence of South Carolina. Would like to write to him. Also, I would appreciate the address of Dr. Seshadri Raju, University of Mississippi.

I wonder what kind of influence one has to have just to get an opportunity to talk to these lung specialists.

Our local pulmonary specialists are so busy, they have very little time for each individual. They cannot tell you any good news because they can only go so far. Yes, I am complaining because I'm scared and depressed and disappointed.

I always enjoy your articles and look forward to each magazine.

Amy A. Wiggi[illegible]n
Terre Haute, Indiana

We have received many letters from emphysema patients who have read about the successful lung transplants. This response is to all of you who wrote about your emphysema.

We believe that a club should be formed so that the candidates for lung transplants could band together to show transplant surgeons that they are serious about making breathing easier for each other by helping to obtain lungs.

Wouldn't any one of you who are struggling to get your breath have yearned to have the lungs of Hank Gather after he no longer needed them? And wouldn't Hank Gather have

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passed his lungs on to a needy fellow human being had he known about the possibility? Of course he would have.

Tragic events like Hank Gather's sudden cardiac arrest during a basketball game are never anticipated. That's why we need a "transplant club" to increase awareness about making donation wishes known before accidents happen.

Nearly half a million persons in the United States die each year from heart attacks. It might be fair to guess that at least half these people are buried with good, serviceable lungs that could have given new life to others.

Then consider all the people who meet with unexpected deaths from drunk-driving accidents on the highway. A broken neck or crushed skull might leave transplantable lungs if only the family and their physician could act quickly.

Emphysema is a gradual suffocation process. Those on oxygen 24 hours a day know what I mean. You don't always have the energy or will to pursue a new life—the kind of life that Patsy Ruff and Congressman Floyd Spence enjoy. My brother didn't. His life slipped away before we could get donor lungs for him. I suffer daily from the knowledge that we might have been more persuasive in getting donors.

I would urge all those with advanced emphysema to communicate with fellow patients around the country. Let your voices be heard in donor-solicitation meetings, and find out at your local hospitals how you can help "harvest" lungs for the needy. Get to know the physicians in the emergency rooms to let them know that you want to help. Learn the problems of the bereaved when it comes to donating a loved one's organs. Do this long before you think you are ready for a transplant yourself; as you become more tired, you won't have the stamina. Then read the success stories of those who are living a full life again without oxygen tanks! Lung transplants took a backseat to heart transplants in the past. By joining together, you can change that.

An alcoholic who has cirrhosis might have good lungs but need a new liver. The 20-year, two-pack-a-day smoker might have a perfectly good liver but need new lungs.

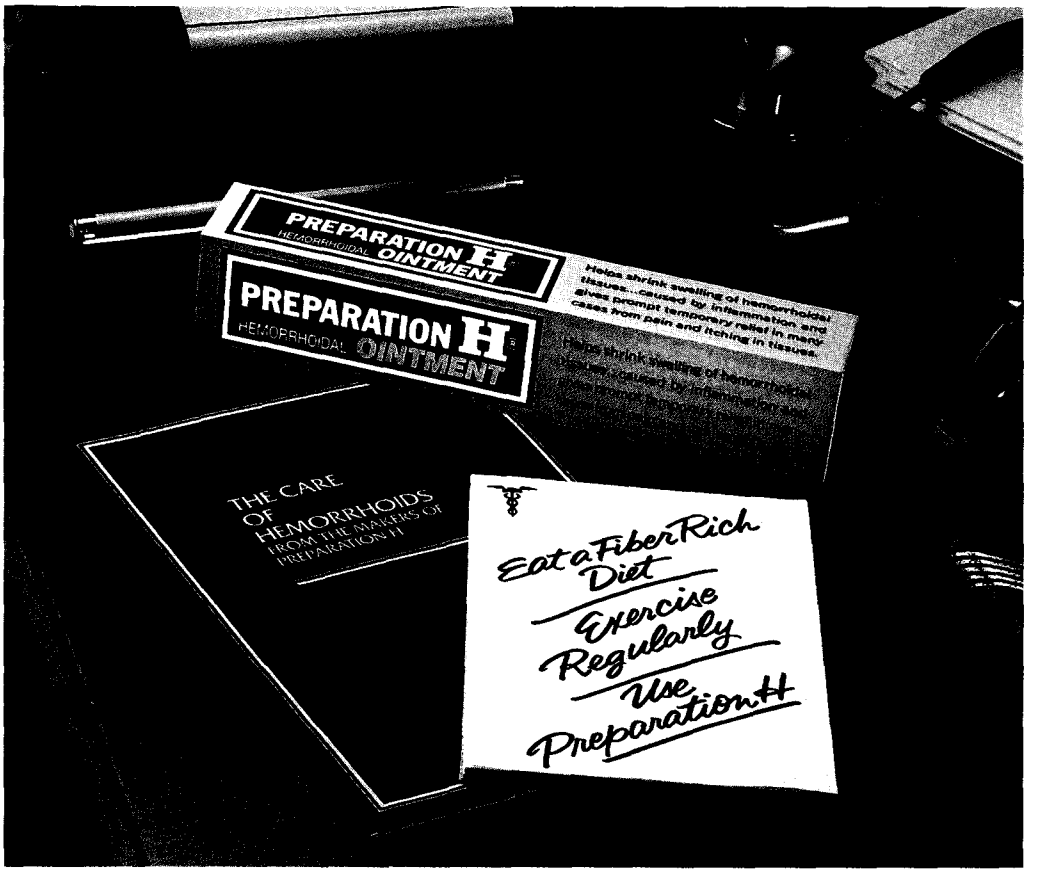
While serving on the Presidential Commission on the HIV Epidemic, I could see how effective the gay community was in getting millions of dollars allocated for AIDS research. Smokers and ex-smokers with emphysema should be just as vocal to create public awareness of their need for help.

If you look at the triumphant lives of Patsy Ruff, Congressman Spence, and all the others like them, you have to admit that at last there is a "cure" for emphysema-riddled lungs. Replacement parts are "in" in the '90s. Help it happen. Write to Replacement Parts, c/o the *The Saturday Evening Post*, if you are willing to have your name circulated to others in your predicament, or if you are willing to help harvest organs.

Smokers and ex-smokers have another reason for banding together for replacement-parts awareness. The need for heart transplants might be their only hope to live in the future. Think about the clout these victims might have if together they approached the tobacco industry seeking help.

An internist friend told me that two-thirds of the patients he sees are being seen because of smoking or drinking habits. If gays were able to band together to help fight a disease they acquired from their sexual habits, why shouldn't smokers present a united voice for help?

And to Mrs. Wigginton: Don't give up. Please write to

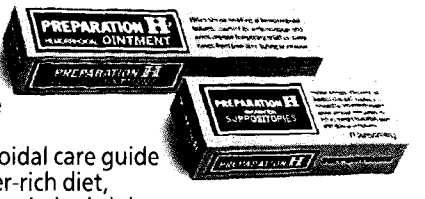


Preparation H.
When your doctor says you don't need surgery.

If the agonizing pain and burning itch of hemorrhoids makes you feel you might need surgery, the very first thing you should do is see a doctor. Most likely, your doctor will tell you that your problem is not that serious and a simple regimen of care can alleviate the problem.

Thousands of doctors distribute this hemorrhoidal care guide from the makers of Preparation H. It advises a fiber-rich diet, regular exercise, and, for flare-ups, Preparation H to help shrink the swelling of hemorrhoidal tissues and often provide temporary relief of pain and itch.

Don't suffer the pain of hemorrhoids or the anxiety of surgery. Consult your doctor today.



Doctor recommended
PREPARATION H
Ointment and
Suppositories.
Use only as directed.

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Congressman Floyd Spence. His address is: Suite 140, Stoneridge Dr., Columbia, SC 29214. Dr. Raju's address is: Mississippi Transplant Center, Medical Center, University of Mississippi, 2500 N. State, Jackson, MS 39216.

Law Restricting Cigarette Vending Machines

The Indiana General Assembly recently passed legislation that will sharply restrict children's and adolescents' access to cigarette vending machines. It will no longer be lawful in Indiana to have cigarette vending machines in areas where children could find these machines unattended, like sports and entertainment centers and shopping malls.

For a copy of the Indiana legislation to possibly use in your state, write: Legislation, The SatEvePost Society, P.O. Box 567, Indianapolis, IN 46202.

Formaldehyde and Seek

Dear Dr. SerVaas:

There was a letter from a reader in the February issue about a sore mouth which she felt sure was coming from formaldehyde in her mobile home. How right she is! My sister *died* from the same situation. She had a double-wide mobile. It didn't bother her husband at all. It gave her spells where she blacked out from spasms in her bronchial tubes. Took awhile to find it. She got progressively worse in the hospital from lining on new drapes in her room. The deadly substance was everywhere in her home. They moved out, but the damage was done.

They even had the company that built the mobile home clean it up. There is an instrument available to measure the amount of this material. The company was sued and my sister won the case, but the damage was done. It just cannot be cleaned completely out. Hope this helps some. I used to work at J. C. Penney, and every time we got a big shipment of the first stretch jeans that were permanently pressed (with formaldehyde), all of us were crying and had sore throats. It went away when we went home at night. Even customers complained when they came into the store.

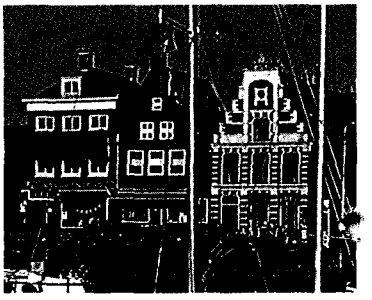
Some states have laws against its use in homes.

Beware.

Mildred Rooker
Sparta, Wisconsin

No Formaldehyde in Dutch Houses

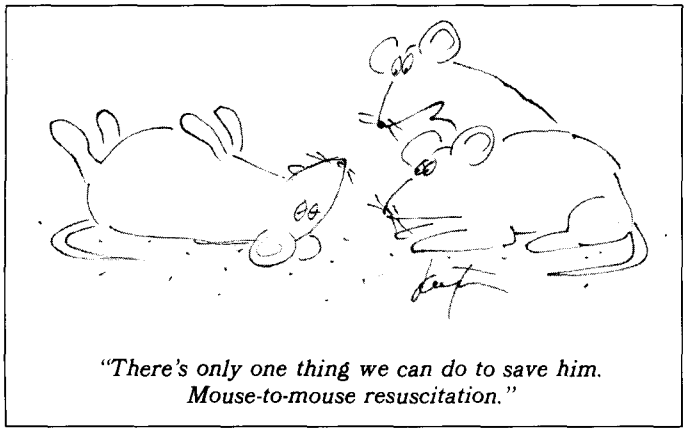
Referring to the issue of February 1990, concerning "Formaldehyde Irritant?," I can tell you that in Holland and in most Scandinavian countries, any building materials treated with formaldehyde are forbidden by law as they create allergies, and some strongly suspect they provoke cancer. Most of these materials have been removed from all the buildings.



I think this is very interesting information for the concerned writer of the above-mentioned letter.

I would like to use this opportunity to let you know that I always read your articles with very great interest.

J. J. Th. Biekens
Olsterwijk, Klompven, Holland



"There's only one thing we can do to save him. Mouse-to-mouse resuscitation."

Notes on Oats

Dear Dr. SerVaas:

I hope that you will feel the following timely. As a physician I'd like to join you in your excellent presentation of the importance of good health. Enclosed is my essay on oats:

The Oats Story—Right or Wrong

You might deduce from my title that I will overwhelm you with research showing that oat bran is either-or. Don't hold your breath; I have no such aspirations.

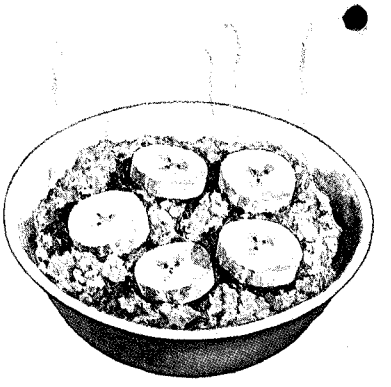
What I do hope to do is to urge you, to inspire you—to convince you—to keep on using oatmeal. I have no burden for oat bran—all I want to urge is plain old oatmeal for breakfast, oatmeal cookies for the children, and oat scones if there is any Scottish blood in your veins.

One of the major lessons in studying nutrition the past hundred years is that variety is not only the spice of life, it is the foundation of getting every vitamin and mineral our bodies need.

Wheat is used for breads, buns, pancakes, waffles, crackers, and pastas. It is also used for cake, cookies, pie crust, and pizza crust. So let's try to save breakfast for plain old oatmeal with raisins or bananas.

I once thought bananas went on cold cereal, but my wife, without even consulting me, put pretty discs of banana all over my hot old-fashioned oats, and you know, it tasted like hot banana cream pie.

Then of course there are oatmeal Cheerios (I did not say Honey O's) and oatmeal squares and checks for your breakfast. Would you believe it? I even tell the girls who say they have no time for breakfast to eat oatmeal cookies for breakfast. Don't be horrified—they are a lot more healthful than doughnuts or Oreo cookies.



In fact, I tell a patient, if she will bake 40 little bite-size oatmeal cookies on her day off, she can slip one into her mouth

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conveniently and delicately while waiting for her ride or while driving. They are not messy to carry or to handle, and if tiny, they can be very ladylike.

And what has she had? Good oatmeal with raisins and pecan or sunflower seeds—even some flax or poppy seed and a bit of nonhydrogenated oil and a bit of sugar and milk. That is almost identical to cereal in a bowl that is cooked.

Why the flaxseed? Because mink breeders get a higher price if the fur is lustrous from feeding the mink flaxseed. You don't need to kill a mink if your hair is prettier than the mink. Another bonus is that flax is a mild laxative, and combined with the fiber of the oats and raisins, it may keep cancer of the colon out of your future.

Why the poppy seed, then? In my childhood in Saskatchewan, poppy seed and sunflower seeds were our substitutes for nuts. Almond and pecan trees would not survive our winters.

Poppy seed is best in a hard, chewy cookie or biscuit that brings out the delicious poppy flavor. Minorities that traditionally use poppy seed in their recipes are the Jews and Armenians. They are both "smart" and I want to be smart too, so we use poppy seed in oatmeal or oatmeal cookies even if they aren't that chewy.

Oatmeal has more protein than other common grains. It grows in different soil than corn, rice, or wheat, so it will have the minerals of the soil it grew and thrived in. Until now, however, it has never been refined.

As farm boys, we knew oats was racehorse food and also food for slim, active milk cows and slim, speedy laying hens. Once these animals got too

old for their primary purpose, we would fatten them up for the butcher. What do you think we used? Corn and barley, the fattening grains. So if you want to be fattened up, eat your cornflakes and corn cereal by 30 other names for breakfast, and corn bread with your soup and lunch, and cornflour tortillas.

But if you want to be speedy and peppy and waltz through the day, make it oats when convenient. Make your tortillas out of whole wheat, and instead of white flour noodles use brown rice in your chicken soup. All little points, but they add up. You'll find they are tasty and you'll feel vibrant.

So whether oats or oat bran lowers the cholesterol or not—it's a tasty and marvelous food.

The business world has honored many canny Scotsmen over the years, and the swirl of the bagpipes has made many an enemy turn and run from the famous fighting Scottish regiments.

Feed your children oats if you want them to be leaders; feed them corn and millet if you want them to be led.

Gustave H. Hoehn, M.D.
San Gabriel, California

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  Michael J. Nicar, Charles Y.C. Pak, "Calcium Bioavailability from Calcium Carbonate and Calcium Citrate," Journal of Clinical Endocrinology and Metabolism, Vol. 61, p. 391-393, 1985.

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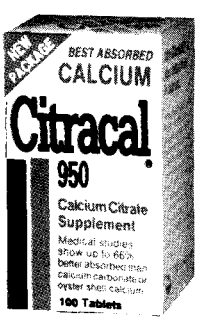

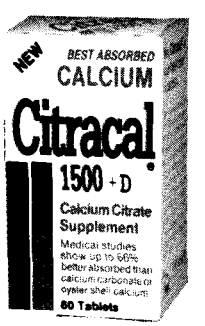

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Oil Soap Remedy

Dear Dr. SerVaas:

I grew up with the *SEP*. I probably had the best fifth grade vocabulary in the school because I read everything in the *SEP*.

I am a medical technologist by profession. Many years ago I developed a contact skin rash on my hands—probably from formaldehyde products in the lab. It comes and goes, but is miserable when it's "active." Often the skin gets rough, cracks, and bleeds—rarely it becomes infected.

I have tried everything—lotions, skin remedies, prescription cortisone cream and other expensive medical nostrums. Nothing cures the rash and most make it worse—gloves included because of perspiration.

Now I've found something that is healing the rash—Murphy Oil Soap. I cleaned my kitchen cupboards one day recently and noticed my very rashy hands felt better afterwards—an unbelievable event. So I used a little of the soap full strength—like a lotion—and its miraculous. My skin is slowly returning to normal after 15 years—no itching, no cracking, the ever-present little rash pustules are disappearing and not spreading.

With all the people in this country who have intractable skin rashes, I thought this might be something others could try too.

I appreciate your "Medical Mailbox" in the *SEP* very much.

Nancy Nims
Phoenix, Arizona

IBS Relief

Dear Dr. SerVaas:

I have bought quite a few *Saturday Evening Posts*, but I have never seen an article about irritable bowel syndrome, which I have been suffering from for quite a few years without much help from doctors I've seen. An article I read said, "A drug, dextromethorphan, used for decades as a cough suppressant, is showing promise in the treatment of the gut-wrenching pain of irritable bowel syndrome."

The local druggist told me he could not get dextromenthorphan, but said it was in Robitussin DM®.

I've been taking it now because I do have a cold and find it really does help in just the small dose I take, two teaspoonfuls a day, for my IBS.

Esther Timm
La Moure, North Dakota

"Gentlemen, start your beepers."

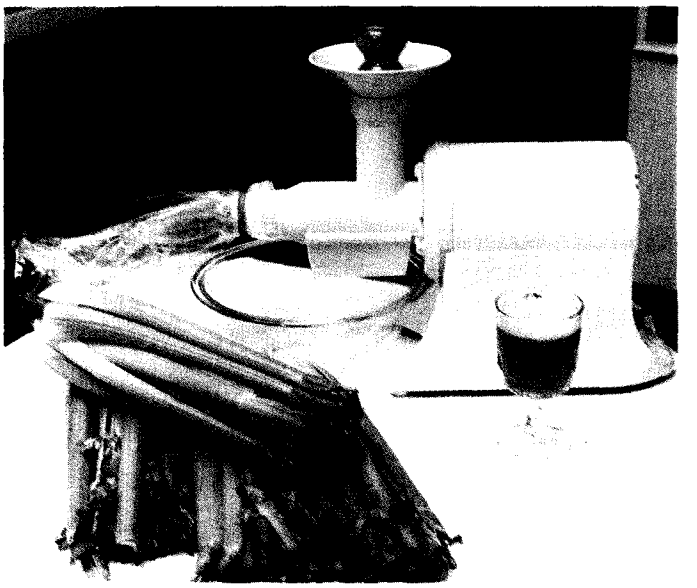
Juice by the Jug

Dear Dr. SerVaas:

The way I understand it, *The Saturday Evening Post* is a medical magazine, more or less. Could you or would you tell me where I can get celery juice by the gallon? I understand it is one of nature's best tranquilizers. It helps to get a restful night's sleep. I need that badly.

Thank you very much.

Gladys Baldwin
Newport, Nebraska



This Champion juicer makes quick work converting a bunch of celery into a glass of juice but ordinary blenders don't cut it.

While we can't verify that you'll sleep better by drinking celery juice, you can make your own juice inexpensively at home by using a juicer. We are able to produce about one cup of celery juice from one bunch of celery.

More About Flax

Dear Dr. SerVaas:

My wife and I are avid readers of your magazine. Today we entered subscriptions for three of our children—families that we believe would benefit from the features on good health.

The March Heart Beat article, "Sorting Out Fiber," by Dr. James W. Anderson, and past articles of similar nature are excellent to educate the American public. All the materials on fiber appear to leave off what we think is an excellent source. A study by five Dutch doctors concluded that if America would use more flax as a food

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supplement, we would be a healthier nation. Have you ever been asked about the health value of flax?

We've taken ground flax for three years each morning with orange or cranberry juice. Three rounded teaspoonfuls provide excellent laxation. At age 73 we feel the use of this product very beneficial. Have you any comments as to why this type of fiber is never mentioned?

The price of this product has nearly doubled in three years. One said the reason was drought conditions in Canada where it is grown. Perhaps popularity and/or methods of preparation are causes for the price to go from $5 to $8 a pound.

If you have any source materials on the use of flax as a health food supplement, please advise.

Dennis Teerman

Fremont, Michigan

To test recipes for our response to your letter, we found Arrowhead Mills flax seed selling for $1.49 per pound. Enjoy! If you can't find it, their address is: Box 2059, Hereford, Texas 79045.

Whole-Wheat Flax Loaf

1 3/4 cups warm water
1 tablespoon dry yeast
1 tablespoon honey
2 teaspoons salt, if desired
2 tablespoons dry milk
2 tablespoons safflower oil
4 cups whole-wheat flour
1/4 cup flaxseed

Dissolve yeast in warm water; add honey, salt, milk powder, and 2 cups whole-wheat flour. Stir well. Add flaxseed and remaining flour. Knead on lightly floured surface until smooth and elastic. Shape and put in oiled loaf pan. Leave to rise until double in bulk. Bake at 350° F. 45-50 minutes or until done.

Cheesy Wafers

1/2 cup butter
3/4 cup whole-wheat flour
1 cup finely grated cheddar cheese
1/4 cup chopped pecans
1/4 cup flaxseed
1/4 teaspoon cayenne pepper

Mix flour and butter together to resemble fine breadcrumbs. Add remaining ingredients; mix well. Form into ball; refrigerate until firm. Flatten with hand. Bake at 350° F. 8 minutes. Makes about 3 dozen wafers.

Carbonless Complaint

Dear Dr. SerVaas:

Over a period of four months, after starting a new job, I gradually came down with: extreme itching and sores over entire body, severe respiratory distress, inability to stay awake, extreme diarrhea, multiple periods, difficulty swallowing and weight loss.

An internist diagnosed it as "carbonless paper syndrome." Having never heard of it, I researched and found two major facts that frightened me:

1. It can be life-threatening; one of the ingredients in manufacture of the paper is a deadly, systemic poison; and

2. The paper companies have been receiving complaints for years, yet the public has never been informed.

Other than poison oak, I have no allergies. Now that I no longer handle that paper, I am gradually getting better.

I have mentioned my problems with carbonless paper to several other people. Some of them recalled symptoms of sores, itching, and difficulty breathing when handling

What does it take to be the world's best aerobic exerciser?

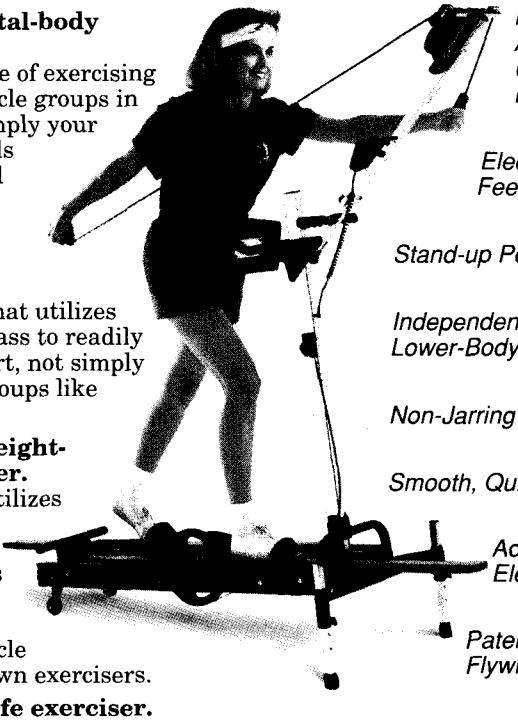
It takes a total-body exerciser.
A machine capable of exercising all the major muscle groups in your body, not simply your legs like treadmills exercise bikes and stairclimbers.

It takes a cardiovascular exerciser.
A machine that utilizes enough muscle mass to readily exercise your heart, not simply specific muscle groups like weight machines.

It takes a weight-bearing exerciser.
A machine that utilizes the standing position to exercise the joints and long bones of the skeleton, not simply a few muscle groups like sit-down exercisers.

It takes a safe exerciser.
A machine that can't damage your knees like stairclimbers, or your back like rowers, or throw you off like treadmills.

It takes a stimulating exerciser. A machine that's exciting and recreational to use, not monotonous and repetitive like so many other machines on the market.



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this paper on the job. (In these cases, exposure was much less than mine.)

It occurs to me that someone with national recognition should go public with this information. There must be millions of American clerical workers who suffer from this in varying degrees who have no idea what's wrong with them.

Just think of the decreased productivity and increased absenteeism that must be costing employers billions annually, as well as the suffering that could be prevented with a little knowledge.

Betty Cota
Beaverton, Oregon

Meningioma Specialist Sought

Dear Dr. SerVaas:

In your column in the February 1990 issue of *SEP*, mention is made of a listing of physicians, hospitals, cancer-treatment centers, etc. that had the highest success rates in treating different kinds of cancer. Does such a list exist, and if it does, who or what agency do I contact to get a copy? I have a brain tumor, a meningioma, and am in the process of weighing my options, so such a list would be invaluable to me. Any help you could give me would be much appreciated. Thank you.

M. L. Sampson
Livermore, California

We have put meningioma in our data base and will send you names of researchers who are interested in this tumor. In addition you should call The Cancer Information Service provides a toll-free service which addresses the specific questions of cancer patients. Ask for their published information on meningioma. Call 1-800-4-CANCER.

Epstein-Barr Virus

Dear Dr. SerVaas:

Your book *High Lysine and Fiber Cookbook* has been such a great help to me in my struggle against CEBV [chronic Epstein-Barr virus] (or whatever they're calling it now!), and I want to thank you so very much. You were the first person to tell about this disease, and shortly after I heard you on TV, I was diagnosed as having it (after six years of being sick).

Patti MacLeod, wife of the Love Boat captain, Gavin MacLeod, has it also. She's suffered for years, without knowing what was wrong with her. We met, and I told her about your book and the list of high-lysine and high-arginine foods you had sent to me. I gave the list to someone and don't have it back, but I'm sending her my book and am writing to you to send me another list and book.

Bette A. Powers
Mission Viejo, California

Cat Scratch Fever

Dear Dr. SerVaas:

Please! We need your help.

My wife is violently allergic to animals—particularly cats and dogs. None of the allergists here can recommend anything other than serum injections for animal allergies, but the preservative is Phenol, and she is violently allergic to Phenol.

What can we do? She has become a universal reactor. She is almost confined to the house. Will you help us?

P.S. She is age 67 and in excellent health otherwise.

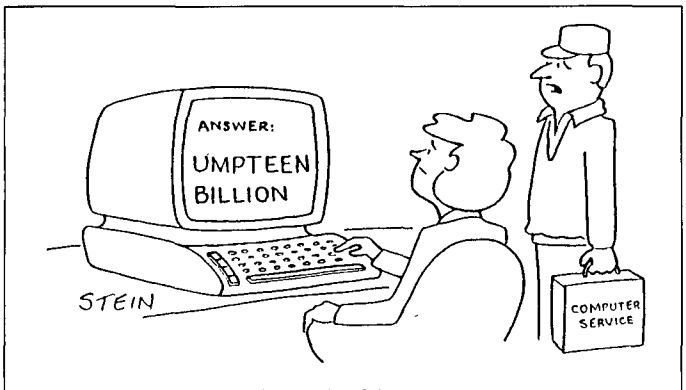
Robert McGinnis
Muncie, Indiana

According to Dr. John Ohman, Jr., the head of the Allergy Clinic at the New England Medical Center in Boston, your wife can try a couple of things.

Avoidance of cats and dogs and the places where they are and live is the best recommendation he can make. When you speak of pet or animal allergies, you may not realize that a person is allergic not directly to an animal, but rather to its saliva. The saliva is a problem because when the animal grooms itself, saliva is spread over the fur, which in turn gets into the air, which irritates the allergy sufferer. A sensitive person will usually show reactions to more than one allergen; however, the strongest reaction is usually to the most significant factor. It is necessary to recognize this factor, which is possible under clinical investigation using allergic skin tests. This examination is absolutely safe and after one or two sessions it is possible to isolate the allergen in question.

Allergic reactions are very often associated with allergic rhinitus. A consequence of repeated allergic reactions may be the clinical syndrome called asthma. For temporary situations, say when you may want to go out or have a friend over who is a pet owner, several pretreatments in the form of pills or inhalers are available through your physician.

One last suggestion might be for pet allergy sufferers to change their environment as frequently as possible. Just going outside for a long walk, perhaps even to the other side of town, can provide a beneficial change in your bodily reactions.



"You're right. It's broken."

Good News For Atrial Fibrillators

There is a group of people who are at high risk for having a stroke. This is a group who suffer from an irregular heartbeat know as atrial fibrillation.

The *New England Journal of Medicine* recently reported that a daily dose of aspirin cuts in half the risk of strokes in people who suffer from atrial fibrillation.

This heart condition affects 1 million Americans, and about 75,000 will suffer strokes.

The aspirin therapy was so successful that 18 months into the study, a monitoring group told researchers to start giving the non-aspirin group either aspirin or another anti-coagulant. In other words, they cancelled the study because they thought it unethical not to treat the placebo group.

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"Home Videos"

continued from page 97

stand-up experience and the fact that we're on a hit and do those colleges, do big clubs. Ultimately, he just said, rightly so, that his family came first."

Saget met Sherri in high school and courted her through college and his touring days. "My father-in-law, 15 years ago, said, 'What are your intentions?' " Saget says. "When I told him about films and writing and acting, he said, 'You're nuts.' " Saget will get even humorously on one of the "Videos," shows with a tape he made about his in-laws visiting. The theme: "All they do is eat, sleep, and complain."

When Vin Di Bona, executive producer of Videos, was looking for a host, one of the show's writers mentioned Saget. "I wasn't familiar with Bob," Di Bona says. "But I looked at some tapes and then put a sample tape together for the network. Sometimes a network has trouble seeing two different aspects to a guy, so we showed a tape that demonstrated Bob's quick-witted abilities in front of audiences. It worked."

"Videos," an idea that came from a Japanese version in which people routinely get clobbered physically, checks to make sure no one has been seriously hurt, Di Bona says: "When I first talked to Bob about the show, that was his concern, that we didn't exploit people getting slammed."

"It's not exploitive, I hope," Saget says. "I've heard some criticism, but we really are trying to make it a comedy show, a fun show without hurting people. If people have really been hurt, we don't air it. It's just wrong.

"About 5 percent of the country has camcorders now, and it'll be maybe 25 percent in a few years. In effect, we're asking America to produce the show for us—I think it's great that technology has advanced to the point where we can show Americans' creativity to a national audience. People of all ages can do it and have their moment of fame.

"It's just a wonderful, hilarious way to entertain people. I've seen members of the studio audience practically catapult out of their chairs with laughter—I've never seen people laugh so hard."

Saget is reminded of a local TV show he appeared on in Los Angeles recently where the host told him, on the air, "You know why you're doing so great? You're one of the most likable people in the world. You're so nice. Are you as nice as you appear to be?"

Saget deadpanned, "I hope my cynicism makes up for it. I've got some really nasty things going on inside. I'm bitter—I *swear*, I'm *bitter*!"

"It was just too good a setup," he recalls. "See, my parents are such frighteningly, compulsively nice people. They just love their children so much. Coming out of a home like that, I guess I'm sort of Opie with an edge to him."

• • •

["America's Funniest Home Videos" encourages the submission of tapes. The address is P.O. Box 4333, Hollywood, CA 90078. A $2 handling fee is required if the tape is to be returned.]

Carnitine

continued from page 63

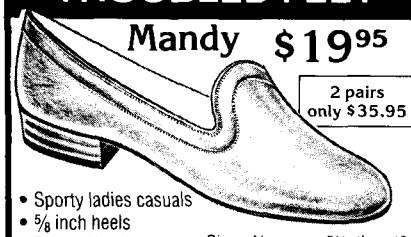
other causes include excess losses of carnitine as a consequence of kidney disease, and hemodialysis. The proper renal excretion of carnitine is also age dependent. Mechanisms that can regulate carnitine excretion are not fully matured in the newborn. Increased tissue requirement for carnitine may also occur as a consequence of rapid growth of the infant.

Lack or prolonged deficiency of carnitine leads to a diminished amount of energy received from fatty acids' oxidation. Skeletal muscles are generally involved with weakness. Cardiac muscle, like skeletal muscle, is dependent on fatty acids for energy during fasting, and cardiomegaly (enlarged heart), cardiac failure, and arrthymias are manifestations of carnitine deficiency.

The carnitine status of vegetarians is very interesting. It has been reported that approximately 4 percent of adults in the United States consume a vegetarian diet, and 90 percent of vegetarians are *ovolactovegetarians*—they include eggs and dairy products in their diets. Strict vegetarian diets contain less than 10 percent as much carnitine as typical omnivorous diets of the developed nations, and ovolactovegetarian diets contain about 20 percent as much.

Until the issue is resolved, one should be aware of potential carnitine deficiencies of vegetarians.

PERFECT SHOES FOR TROUBLED FEET



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Medium – 4 thru 12
Wide – 5 thru 12
X Wide – 5 thru 12
(No ½ sizes over 10)

Vanna $29.95
2 pairs only $55.95
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• Adjustable Velcro strap
• Flexible crepe soles
• 1 inch heels
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Wide – 5 thru 12
X Wide – 6 thru 12
(No ½ sizes over 10)

Millie $19.95
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• Adjustable Velcro vamp strap
• 2 inch heels
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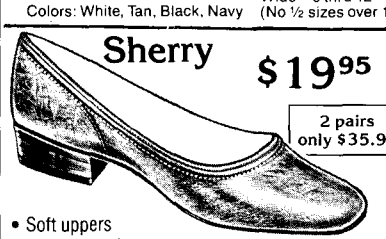
Medium – 5 thru 12
Wide – 6 thru 12
(No ½ sizes over 10)



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The metabolic results of carnitine deficiency are particularly important in newborns and premature infants. Their tissues' carnitine concentrations are significantly lower than adults'. At birth the newborn tends to shift from glucose to fatty acids as the main metabolic fuel. Because of low carnitine synthesis during this period of life, human milk appears to be the major source of this compound for neonates. Supplementation of the neonates' diet with carnitine seems to be necessary in premature infants and in newborn infants on formulas.

Recently, the Pediatric Neurology Advisory Committee was created to address the role of L-carnitine as a supplement for patients being treated for epilepsy with valporic acid, or VPA. The committee agreed that VPA is a highly effective and widely prescribed anticonvulsant medication that offers a measure of seizure control often not obtainable with other available anticonvulsant regimes. Therefore, it is desirable in many cases to manage the VPA-associated side effects rather than to discontinue the medication. The structural similarity between VPA and 4-pentanoic acid, a potent inhibitor of fatty acid oxidation, was emphasized. Experimental studies indicate that VPA or its metabolites have a deleterious effect on mitochondria. Carnitine was discussed relative to its potential role in mitigating VPA-associated toxicities. There is increasing clinical evidence that L-carnitine supplementation is beneficial for some epileptic patients taking VPA.

The *Post* has prepared a list containing some of the physicians who treat patients with carnitine or who have pathology labs that do research in testing carnitine levels. Please send a stamped addressed envelope to receive the list. Write Medical Services Dept., Box 567, Indianapolis, IN 46202.

Prosperity

continued from page 16

and 1965 and continued to climb for the Indians and Chinese until 1982-85, when the Indian rate declined noticeably and the Chinese incidence fell slightly. The Thai rates changed comparatively little. The Chinese and Indian MI incidence peaked in 1978-1981, the Chinese at 11.8 and the Indians at an astounding 30.1 MIs per 1,000 hospital admissions.

Little wonder so many heart attacks appeared in our hospital statistics from 1978 on. The final tally indicates that the Thai have 23 percent the number of American MIs (still more than an eightfold increase over the 28-year period). Today Bangkok's Chinese have an incidence of the disease identical to the Massachusetts residents' rate. Heart attacks have increased 37-fold for the Chinese since 1958!

Most deplorable of all is the Bangkok Indian statistic, which far outstrips the American heart attack rate by *two times*! Surely there must be a reasonable explanation for this mounting tragedy and the widely differing incidence among the city's populations.

Historically, what had taken place in Bangkok from 1958 to 1985 that might explain this epidemic of heart attacks? During the 1960s, because of American involvement in neighboring Vietnam, large numbers of U.S. servicemen, their dependents, and other government personnel streamed into Bangkok. This sudden deluge of prosperous Americans desired accommodation, not only in housing, but also in their usual lifestyles. Consequently, a responding building boom produced lovely, Westernized private residences, hotels, and restaurants.

Increased numbers of luxury hotels and restaurants catering to foreign tastes simultaneously ignited tourism from both Europe and America. Money began to flow into Bangkok. Local people could now afford cars—even at preposterous prices with 100 percent or more duties. The once-sleepy, slow-paced Oriental city picked up its tempo of living. To relieve traffic (currently reported at 1.7 million vehicles in Bangkok), the canals were filled and streets widened. The

You be the Judge

by Arthur L. H. Street

Horace, a jockey, rode a nag without being previously introduced to it or its owner. To his horror, the horse insisted on running in a straight line. The track being circular, as usual, horse and Horace collided with the fence at the first turn. Both were injured, the horse suffering a broken leg. Nevertheless, the undaunted nag got up and almost rounded the track, running riderless right in the center. Horace, doubly pained by his injuries and by the horse's improved performance after he left the saddle, sued the owner for $5,000.

"His horse was stone blind in one eye and 'moon-eyed' in the other, and he ought to have told me so," Horace argued. "Instead, he let me try to ride an animal which should have been turned out to graze at an institution for blind horses. So he should pay for my injuries."

"Horace is supposed to be a jockey, but my horse ran better on three legs without him than on four legs with him," the owner replied. "If anything was to blame, it was Horace's riding, not the horse's eyesight."

If you were the judge, would you console Horace to the tune of $5,000?

Horace lost his case as badly as he had lost the race. The court said that as a professional jockey he assumed the risk of a spill. And his riding could have been at fault, it added, as there is evidence that a blind horse can be guided more easily than any other.

(Based upon a 1950 decision of the Appellate Court of Illinois, Second District.)

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noise level became one 24-hour roar. Trucks, prohibited in the city during the day because of congested roads, thundered through the streets all night, discharging their produce to keep the expanding city alive, well-nourished, and pampered.

The one million population of 1950 grew with sonic speed as thousands of upcountry job-seekers poured into the city to make their fortunes. By 1989 the estimated city population reached 7 million.

Young people returning to Thailand from universities abroad brought with them knowledge in technology and an acquired taste for Western food. Overnight, typical American eating houses mushroomed—hamburger, steak, and pizza houses, as well as ice-cream and doughnut shops. Supermarkets displayed every type of American food imaginable—for twice the stateside prices. Soft drink and beer companies, in tune with the thirst-quenching needs of hot and perspiring patrons, flourished.

The Thai, Chinese, and Indian populace are all exposed to the same stress of an accelerated life, the same lack of exercise (with cars substituting for muscles), and the same Western food accessibility. Why then the difference in incidence of heart attacks among the three ethnic groups? What other so-called "risk factors" for MIs are at variance among them?

Americans have more hypertension than the Orientals. Diabetes, however, is a much more common disease in Bangkok than in the United States.

The reasons for these variations are still unknown. Bangkok residents are now smoking more than before. Many Americans have quit, thanks to health education. Indians with the most MIs not only smoke the least, but they also have the lowest percentage of hypertension and diabetes. So just what is contributing to their heart attacks?

The most noteworthy difference in the risk factors was the elevation of blood cholesterol (above 250 mg). An amazing 48 percent of Indian MI patients had high cholesterols, far surpassing the others, including Americans. A high blood cholesterol usually reflects the amount of fat eaten, which led us to scrutinize next the diets of Bangkok's three ethnic groups. Enjoyed prosperity would mean the enrichment first of their own cultural cuisines, and their diets vary considerably.

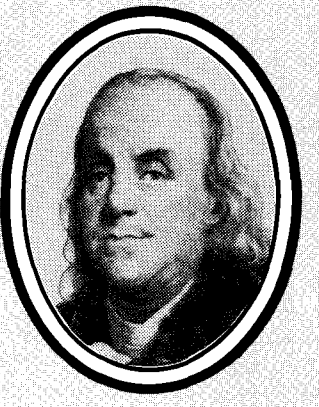
The typical Thai meal consists of a huge mound of polished white rice, together with a highly spiced curry made with a coconut cream gravy. Most curries are largely vegetables with small pieces of meat or chicken for flavoring—complete meals in themselves. Coconut is a chief ingredient in many desserts, but more frequently the meal is finished with fresh tropical fruit, found in great variety and abundance.

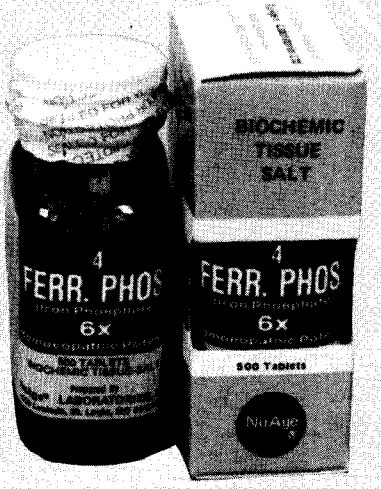
Chinese are famous for their elaborate dinners of ten or more courses. These feasts, formerly enjoyed only on festive occasions, become daily repasts for the Chinese businessman entertaining his customers or associates. The Chinese, gourmet cooks of the East, artistically arrange meats with a mixture of stir-fried vegetables. At one meal a diner may eat seven or eight different meats: pork, chicken, duck, beef, shrimp, lobster, fish, clams—all fried to perfection. When faced with ten dishes, he would likely choose the meat as a delicacy, leaving the everyday vegetables behind. Unrestricted monosodium glutamate and salty soy sauce enhance flavor. Dessert is simple—invariably boiled, sweetened lotus seeds or canned *lichees*, a Chinese fruit. The characteristic Chinese meal is, obviously, far richer in animal products and fat than that of the Thai.

But the Indian cuisine reaches the zenith in richness and spices. The Indians traditionally cook with milk and eggs in large quantities; the Thai and Chinese use eggs sparingly, and no milk. Prosperous Indians use great quantities of clarified butter (*ghee*) in the preparation of nearly every food. Gravy drenches the meat, a visible layer of fat floating on the surface. Vegetables are fried in *ghee*. Their flat, unleavened, whole-wheat bread may also be fried in *ghee*. Indians prepare their staples (lentils, garbanzos, or other beans) lavishly, eating them with white rice or their flatbreads. They love a great variety of such exceedingly sweet desserts as custards (made with milk, eggs, butter, and sugar), deep-fat-fried pastries, and cakes in syrups. By contrast, Indians have the most calorie-filled diet with easily more than 50 percent of calories

Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.





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as fat (compared to 40 percent fat in the typical American diet).

One might question why the marked drop for Indian MI occurrence during 1981-85. We have repeatedly heard that alarm spread over the Indian community at their frequent MI deaths. As a consequence, many families began replacing *ghee* with vegetable oil and margarine.

The obvious conclusion of this study is not new. It's just hard to face up to. The greatest risk in coronary heart disease is a high blood cholesterol resulting from eating too much rich, fatty food of animal origin. This relationship has been solidly shown by extensive U.S. statistical studies.

Happily, in America there has been a steadily falling incidence of heart attacks the past few years. Why? Americans have been cutting their consumption of cholesterol-rich animal products. Recent market surveys support this assumption by revealing a simultaneous drop in the sale of meat and dairy products.

Americans have other assets in eliminating MIs. They have become more exercise conscious and are quitting smoking. But in Bangkok, the populace inclines toward more meat, more fat, more sugar, more food. These dietary excesses, added to more stress and smoking, with less exercise, equal multiple coronary risks.

And it all comes back to the mother culprit—prosperity!

A Newstart in Bangkok

The Bangkok Mission Hospital has promoted smoking cessation and nutrition programs for years. More recently the hospital dedicated an entire floor of one wing to preventive medical care with trained health educators conducting popular classes in weight control, diabetes counseling, and stress testing. Now a new challenge faced the staff.

Because Thailand (actually only Westernized Bangkok) had now joined the "affluent" countries with a resultant boom in heart attacks, we considered a new health program that would both educate and treat these patients at risk. The NEWSTART program, developed and used in a number of stateside institutions affiliated with the Mission Hospital, filled our desperate need exactly. But who would have thought 20 years ago that the developing country of Thailand would ever need to prevent coronary heart disease!

NEWSTART, an acronym, explains well its multifaceted features. It requires, for most people, rather drastic changes in lifestyle:

- Nutrition. Food heads the list in importance. A strictly vegetarian (fruits, grains, nuts, legumes, and vegetables) diet stresses low-fat and high unrefined carbohydrates.
- Exercise. Next in importance is exercise. Beginning with calisthenics, the patients increase such exercise as walking, swimming, cycling, and

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Our congratulations and a check for $100 go to Rosella Atkinson, Spokane, Washington, for the winning entry in our March 1990 caption contest.

Don't give me that "spoiled rotten" label.
I'm really quite normal and stable.
I'm not sinfully bad—
"Out to get" Mom and Dad—
I just wanted to help clear the table!

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gardening, as tolerated.

• **Water.** Eight or more glasses of water a day provide good hydration; a variety of water treatments externally, given by expert therapists, stimulates circulation.

• **Sunshine.** Sunbathing brings multiple benefits little appreciated, such as lowering of blood cholesterol, blood pressure, and pulse rate.

• **Temperance.** Assistance in overcoming tobacco, alcohol, or appetite problems is given.

• **Air.** City dwellers especially appreciate clear skies and pure, fresh air. "Negative ions" produced by abundant plant life are an elixir to the psyche.

• **Rest.** Body biorhythms demand periodic good rest to handle stress and regenerate body tissues.

• **Trust.** The Creator is also the "Re-Creator," and when we follow His laws of life and health, much benefit can be expected.

To have a NEWSTART program in Bangkok meant pulling together a team and planning a structured program. A young couple on our staff, Byron and Carol Reynolds, a physiotherapist and a nurse respectively, had spent several years at California's Weimar Institute. Being well-acquainted with NEWSTART, they suggested Dr. Sidney Nixon from Weimar fly out to join and supervise our program. Staff doctors Kittiporn Tantrarongroj, Ronald Gregory, and I composed the rest of the physician staff. Peggy Chau, a dietitian and health educator, prepared the menus.

WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

(Theme: topographical terms)

1. Pleasant Valley, Penn.
2. Maple Ridge, Mich.
3. Rogers Mesa, Colo.
4. Marbleton, Wyo.
5. Ridgecrest, Calif.
6. Mt. Eaton, Ohio
7. Crest Hill, Ill.
8. Scottsbluff, Neb.
9. Summit, N. Jer.

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Five additional registered nurses, two hydrotherapists, a chaplain, and two cooks rounded out our team.

Finding a suitable site for the program became a major hurdle. A noisy, polluted city was not the place! Earlier, we had referred several patients to the Weimar Institute. Returning from a session in the States, Krit Asakul, the owner of Thailand's largest insurance company, insisted, "You *must* have a NEWSTART program here in Thailand. There are many who need this treatment and cannot afford to go abroad."

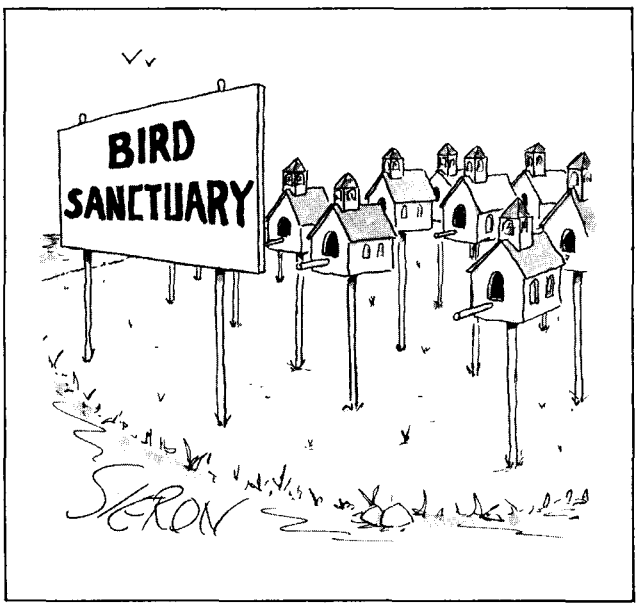
To assure us of his sincerity and approval, Krit took several of us in his limousine to many potential sites. At last we chose his cousin's beautiful resort, Nong Nooch Village, about 100 miles south of Bangkok on the Gulf of Siam. Nong Nooch, with its lovely acres of lawns and gardens, paths through extensive mango and coconut groves, immaculately kept swimming pool, artificial lake, and suitable housing, was the perfect site. Its location, only four miles from the clean sands and turquoise waters of the ocean, proved an added advantage.

One of the NEWSTART patients, a plump, hypertensive housewife, heard of the program over the radio and determined to give it a try—whatever the requirements. The first morning, her alarm clock rang at 5:30. She arose for a long drink of cool water and slipped into walking shoes. "The coolest part of the day, and I never realized before how exhilarated one feels taking a brisk walk as the sun rises!" she exclaimed.

An hour later, she and other guests assembled at tables under a flowering arbor, ready for Peggy Chau's breakfast special, topped off with a variety of wonderful tropical fruits. Although a Buddhist, she happily joined with the guests and staff for a meaningful discussion of the God of nature who desires that we "prosper and be in health."

Then she rolled and stretched, following Byron's example in calisthenics. What was next? She pulled her schedule from her pocket—gardening, and then a hydrotherapy treatment. The hot, moist packs relieved her sore muscles, the deep massage felt great, and the cold shower made her alert for the physician's lecture at 11. How sensible the program seemed, she decided, as the physicians daily explained in simple terms the basic causes for hardening of the arteries and how the various simple remedies of the program assisted in reversing the process.

"I wondered how a vegetarian diet could be exciting—but Peggy's ingenuity with varied Oriental dishes kept me satisfied, and believe it or not, I'm losing weight without being hungry!" she confided. The main meal at noon featured fiber-rich whole grains, legumes, attractively prepared, colorful vegetables, and occasionally a delicious fruit-filled dessert.



She had a doctor's consultation, blood pressure check, and weigh-in twice a week. The progress encouraged her to keep going. She wouldn't miss Peggy and Byron's daily demonstrations of healthful cooking and simple hydrotherapy treatments applicable at home. Her daily walking goal was five miles, and before long, she had reached it. She also elected to follow her physician's advice and walk instead of eating the light supper of fruit and whole-grain cereal foods.

Evening was the time for relaxation, warmth, and fellowship with a variety of entertaining programs provided by the talented and musical staff. By 9 p.m. a healthfully tired group, both patients and staff, was ready to call it a day.

In America, we often hear the complaint that people will just *not* change their lifestyles. This has not proved true for the many motivated Americans who have profited by the NEWSTART sessions. But now we wondered how the Bangkok residents would respond.

"It all makes sense!" our middle-aged homemaker said. "I don't ever plan to go back to my old ways." Her blood pressure had come down to normal and she had shed seven pounds; her blood cholesterol had plummeted from 316 to 215; triglycerides, from 277 to 170; and fasting blood sugar, from 108 to 78.

"My arthritis is better too," she said, rubbing her knees. And no wonder, for her blood uric acid had dropped from a gouty 10.0 to a nearer-normal level of 8.1.

The participants quickly achieved demonstrable benefits, but to reverse the years of injury to blood vessels takes time and a continued healthful lifestyle.

"That makes ten kilometers [six miles] for me today," a turbaned Indian merchant said, grinning. "I'd rather walk like this and eat carefully than take *one more* shot of insulin for my diabetes!" He left Nong Nooch with a normal blood sugar and packed away his insulin for keeps.

All 47 participants in three separate sessions held during 1983 and 1984 felt equally rewarded and motivated. They were justly pleased to see high blood pressure, blood cholesterol, triglycerides, and fasting blood sugar levels all falling dramatically toward normal ranges. The staff had no lack of cooperation from the participants. All were eager to give such simple natural remedies a trial when they learned the rationale of the treatments.

Bangkok is no different from the United States. An enriched diet, no exercise, stress, and general neglect of basic health lead to degenerative diseases. For the vast majority, these diseases are *not* familial, *not* racial, *not* environmental, *not* infectious—but *are* preventable and *are* reversible. The most effective and rapid treatment is *not* drugs—but denial and continued lifestyle change.

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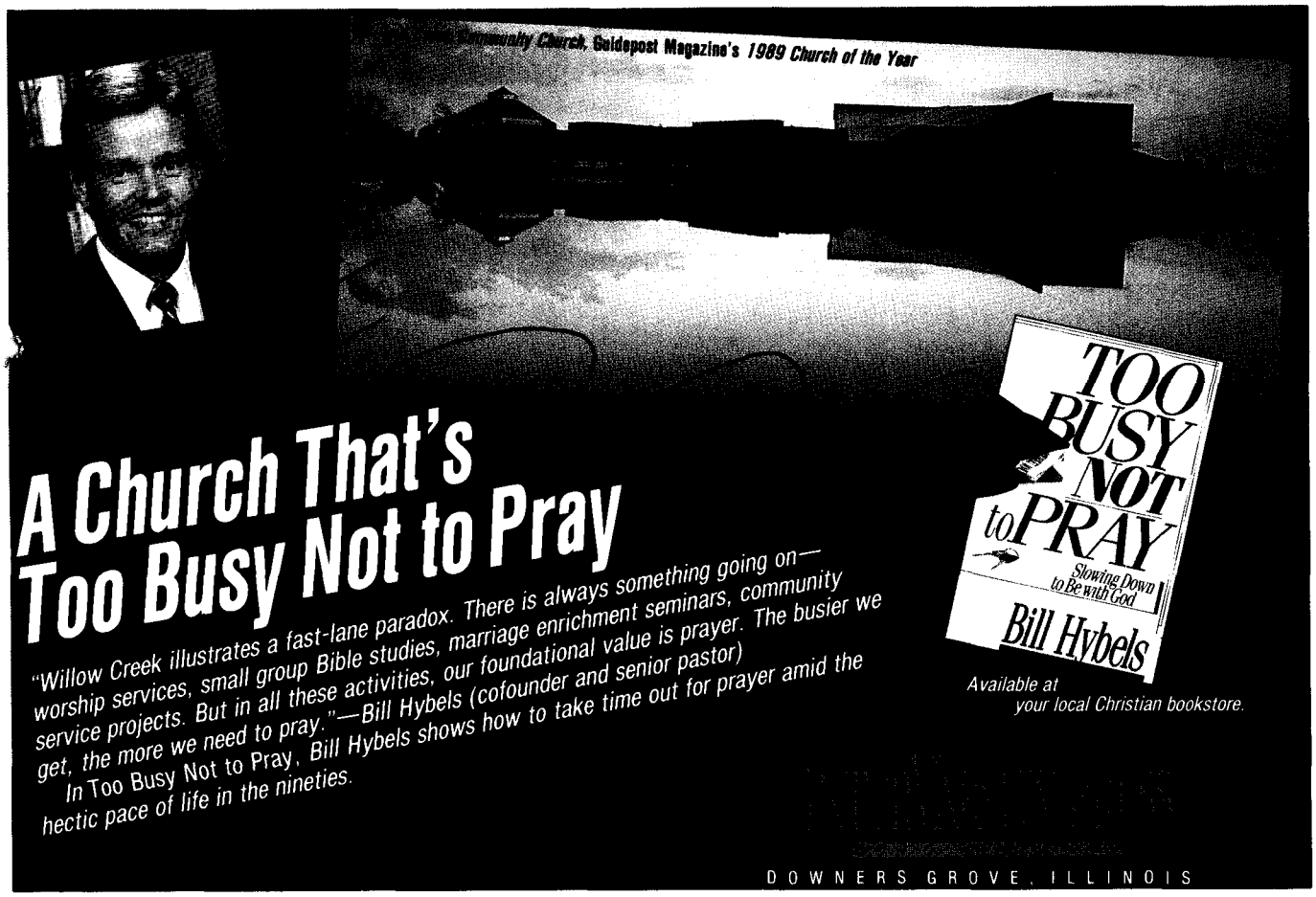
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DOWNERS GROVE, ILLINOIS

Ben Franklin

continued from page 40

philosopher, Franklin proposed marriage when he was more than 70 and she was but a few years younger. The young, beautiful, and amiable Madame Brillon de Jouy was willing to sit on Franklin's lap and to let him play chess with her when she was soaking in one of those enormous covered bathtubs of the period, but no other favors beyond that would she allow. Madame Le Ray de Chaumont—she was one person and not two, as John Adams seemed to remember—was the wife of the owner of the Hôtel Valentinois, in a wing of which Franklin lived. Her husband was a practical shipowner who handled much of the unneutral aid given by France to America before the treaty was signed in 1778. She became the first of a succession of French mistresses to John Paul Jones, when that gallant captain arrived in France as commanding officer of the U.S.S. *Ranger*.

• • •

For all that John Adams said, Franklin managed to write a surprising number of letters, by dictating them to his secretaries at breakfast or between social engagements. And he did the main work of the American mission, through personal contacts. Far more effective than formal notes were a whispered conversation at the play, a hint to a cabinet minister's mistress, a confidential chat at the Masonic Lodge.

Franklin was also keenly interested in aeronautics. He was a friend of the Montgolfier brothers, who made the first balloon ascensions. "We think of nothing here at present but of flying," he wrote from Paris in 1783. "The balloons engross all attention." John Jeffries, who made the first balloon crossing of the English Channel, brought Franklin from London the world's first airmail letter.

Thus Benjamin Franklin was a universal genius, more so than any other man of his day, American or European; one from whose writings the student of almost any subject from orchids to oceanography, or from politics to population growth, can learn something. He was the embodiment of what we like to call the American spirit—idealistic but practical, principled but expedient, optimistic for human betterment and the world's future.

One of his last letters, of March 9, 1790, was written in answer to President Ezra Stiles of Yale. "You desire to know something of my religion," he says. "It is the first time I have been questioned upon it." (Who but a president of Yale would have dared?) "But I cannot take your curiosity amiss, and shall endeavour in a few words to gratify it." He affirms his belief in God as the Creator of the Universe, and in immortality. He expresses some doubt of the divinity of Jesus, but with characteristic humor adds that he will not dogmatize on the subject, "having never studied it, and think it needless to busy myself with it now, when I expect soon an opportunity to know the truth with less trouble."

He had less than six weeks to wait.

As "Poor Richard" he had remarked in one of his almanacs:

If you would not be forgotten
As soon as you are dead and rotten,
Either write things worth reading
Or do things worth the writing.

Benjamin Franklin did both. Everything he wrote is worth reading, and everything he did has become part of the fabric of American history and of Western civilization. ✠

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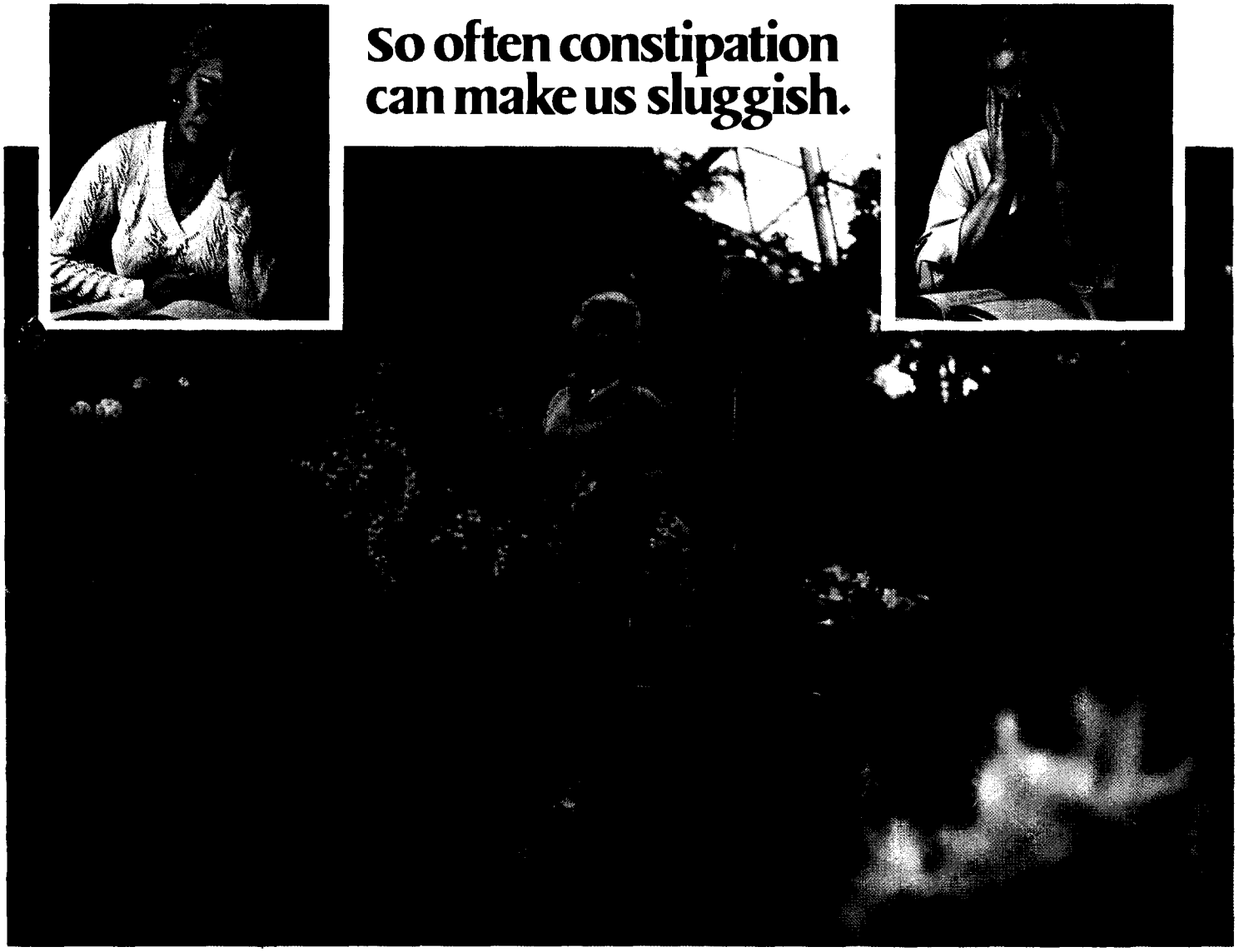

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